



Self-care is important



Mind Trotters

WE ARE AN ESSENTIAL PIECE

Yes, while it's true we need to meet different kinds of expectations from others, we cannot forget that we ourselves are just as important. You deserve the care and attention just as much.

Fill in the blanks with the missing words.

Self-care is when you take _____ to do things that make your mind and body feel _____ and happy. By taking _____ of yourself, you are able to _____ with stress or other feelings that you may _____.

Word choices:

cope

calm

time

experience

care



1. _____

There's a lot going on in life such as schoolwork, gatherings and other activities. It helps when you try making your schedule lighter.

Headline choices:

Learn to relax

2. _____

Take some time to do something that calms your mind, including turning off electronics and going out in nature.

Take a break

3. _____

The healthier you are, the easier it is to cope with stress and negative feelings. Be sure you have sufficient sleep, exercise regularly and eat healthily.

Take care of your body

