



# self-care is important



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 \_\_\_\_\_.

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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.

2. \_\_\_\_\_

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

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.

Headline choices:

Learn to relax

Take a break

Take care of your body

