

+FEEL GOOD FRIDAY



DID YOU KNOW...

Practicing self-care regularly can **increase your well-being** and prevent burnout.

HOW TO CREATE YOUR OWN SELF-CARE PLAN:

- + Start by creating a list of relaxing, inspiring or fun activities you want to add to your routine.
- + If you have a busy schedule, add some time into your calendar once or twice a week to focus on these activities.
- + If you have someone to keep you accountable, use them! You can even practice self-care together.

