Ways to TAKE CARE of YOURSELF

I love me

Limit how much news you consume

Take a break from social media

Eat nutritious food

Acknowledge how you're feeling

Get proper sleep and rest

Stay connected with family and friends

Try a guided meditation

Add some variety to your routine

Spend time on activities you love

Declutter/tidy your space

Name how you feel

Make art

Laugh every day

Download an app to help manage anxiety and stress

Move – in whatever way works best for you

Learn to set healthy boundaries

Be in the moment

Practise self-compassion

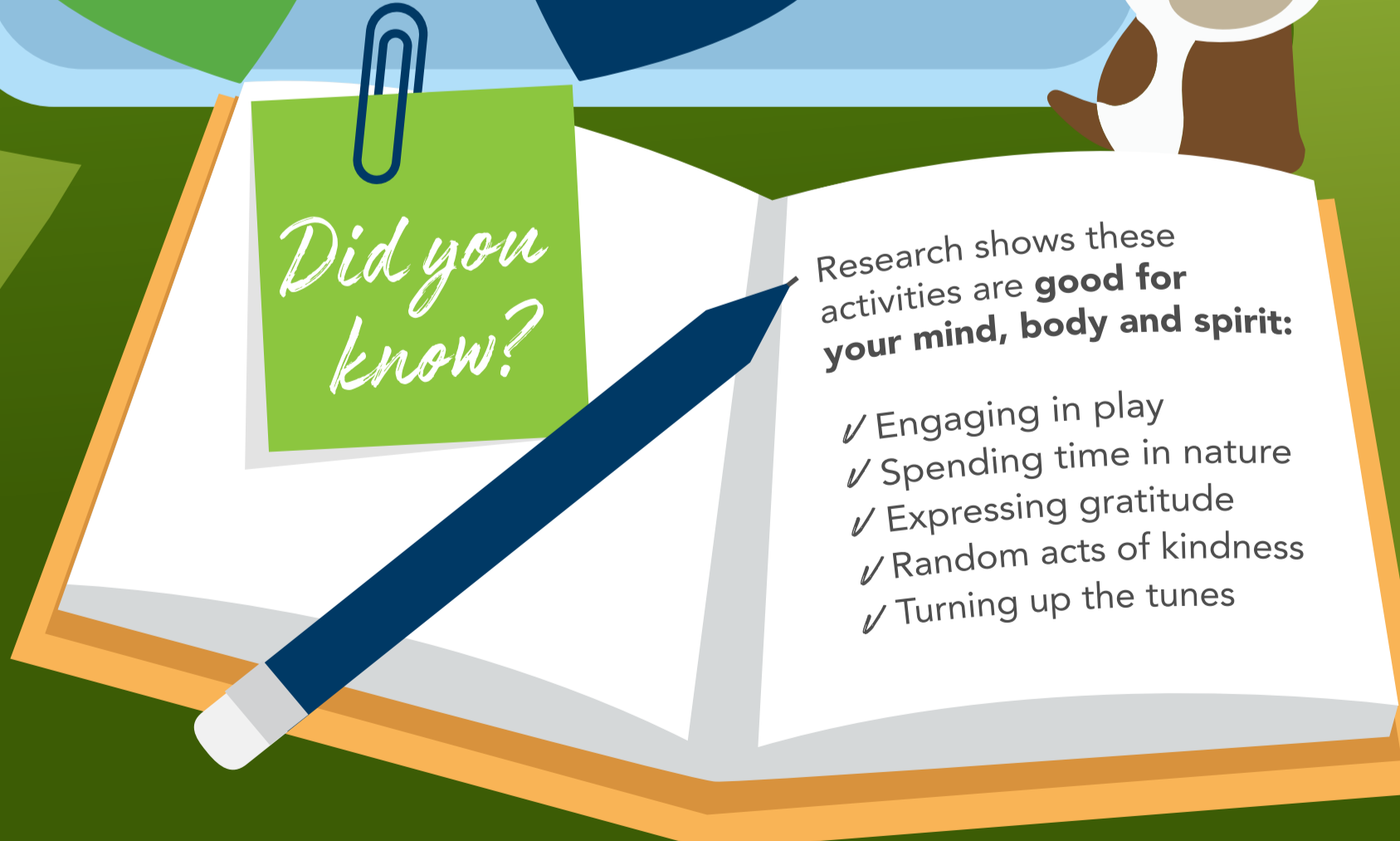## Did you know?

Research shows these activities are **good for your mind, body and spirit:**

✓ Engaging in play
✓ Spending time in nature
✓ Expressing gratitude
✓ Random acts of kindness
✓ Turning up the tunes

WHAT ARE YOU DOING TO TAKE CARE OF YOURSELF? Share your tips on social media with us **@georgiancollege** and **@mhwbgc**

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Check out the student and employee portals for more well-being resources.