

Taking C.A.R.E. of Yourself

C

Connections



Connect with others



Prioritize self



Set boundaries



Practice Self
Compassion

A

Appetite



Eat a balanced meal



Hydrate often



Limit processed
foods/eat nourishing
food



Consult with a dietitian
or healthcare provider

R

Rest & Relaxation



Practice grounding
techniques



Goal setting
and journaling



Deep breathing
exercises



Practice good
sleep hygiene

E

Exercise & Engagement



Exercise regularly



Practice joyful
movement



Engage in community
projects or causes



Explore hobbies

