

## TAKE CARE OF **YOURSELF** (Teen Edition)



Avoid having unrealistic expectations

Take deep breaths





Connect with nature

Reflect on your feelings and talk about it





Nourish your mind and body

Spend time with people you love and care about





Practice mindfulness

Lean on to things that make you happy



Mom Junction

Source: https://www.momjunction.com/articles/self-care-for-teenagers-studentstips\_00772195/