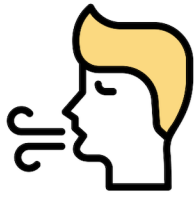


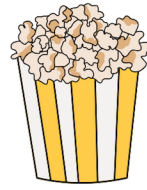
SELF CARE IDEAS



Focus on Your Breathing



Do a Craft



Watch a Movie or Show



Dance to Your Favourite Songs



Spend Time with Your Pet



Keep a Gratitude Journal



Go for a Walk



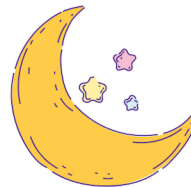
Have a Good Conversation



Clean Up



Go Outside and Get Fresh Air



Take a Nap



Create Something



Read a Book



Play a Game



Take a Bath



Light a Candle



Listen to Music



Do Something Active



Eat a Healthy Meal



Talk to a Loved One

60 Second Switch