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Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Activities can include things you do on a day-to-day basis or new activities. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

Challenge yourself to complete as many self-care activities as you can. For each activity completed, fill in the talk bubble in that square.

 <p>Cook a healthy meal</p> 	 <p>Head out on a nature walk or hike</p> 	<p>Write a letter/email to an old friend</p> 	 <p>Head to bed early</p> 	<p>Practice mindfulness</p> 
<p>Enjoy a quiet moment over a cup of tea or coffee</p> 	<p>Write a positive affirmation and recite it in the mirror</p> 	<p>Connect with your community</p> 	<p>Discover a new author or musician</p> 	 <p>Stretch or practice yoga</p> 
<p>Discover a new podcast</p> 	<p>Talk to a loved one about your feelings</p> 		<p>Put on your dancing shoes</p> 	<p>Make a vision or mood board</p> 
 <p>Paint or draw</p> 	<p>Set a goal</p> 	<p>Have a good laugh</p> 	<p>Write in a journal</p> 	 <p>Create a gratitude list</p> 
<p>Do a crossword or jigsaw puzzle</p> 	<p>Take a warm bath or shower</p> 	<p>Practice deep breathing</p> 	<p>Make a to-do list</p> 	<p>Cuddle a pet or look at a cute photo of one online</p> 

Let's create real change.

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