

# SELF-CARE TAKE TIME FOR YOU

## 6 SIMPLE TIPS

### Sleep

- Low lights
- Turn off screens
- Quiet Room
- Avoid caffeine
- Relax

### Eat

- Omega 3's help energy and brain, nuts, fish, seeds
- Limit sugar and salt
- Healthy snacks
- Avoid sugary drinks

### Fun

- Enjoy fun activities
- Laugh
- Develop hobbies
- Relax
- Play, sing, dance

### Light

- Time in the sun
- Vitamin D helps bones
- Just 15 min. of sun activates Vitamin D..

### Socialize

- Face to face interaction and physical touch
- Have conversations/ say "I love you"

### Exercise

- Make it fun
- Music
- Set goals
- 30 min. a day