DO HEALTHY THINGS THAT MAKE YOU FEEL GOOD ABOUT YOURSELF

SPEND TIME WITH PEOPLE YOU LIKE

MAKE GOOD CHOICES FOR YOUR HEALTH BY EATING MORE VEGGIES

STICK TO A SLEEP ROUTINE

MAKE TIME TO EXERCISE

SPEND TIME IN NATURE

FOCUS ON SPIRITUALITY OR CULTURE

GET INVOLVED WITH YOUR COMMUNITY

During stressful times, you need to focus more on “filling your tank.” Filling your tank (self-care) won’t fix everything but it will help you tackle problems.

TAKE CARE OF YOUR EQUIPMENT