

HEALTHY MINDS

FILL YOUR TANK



 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