

# Quick tips for self-care

12 free ideas to help you lower stress and take care of yourself!



## Things you can do:

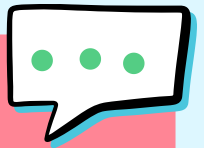
Look at photos of memories on your phone that make you happy.



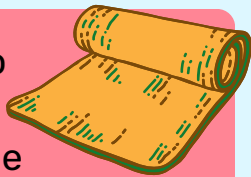
Listen to music that never fails to calm you down or cheer you up.



Reach out to a friend or loved one that you haven't talked to in a while.



Stretch or do yoga. You can use a free app or YouTube.



Take a nap or go to bed early. Sleep is good for physical and mental health.



Breathe in for a count of 4, hold for 7, then out for 8.



Take a break from social media for one full day.



Read a book or listen to a new episode of your favorite podcast.



Do something you enjoy every day, even for a short time.



## Places you can go:

Your local art or history museum on their free-to-the-public days.



Your local botanical garden on a free-to-the-public day.



On a walk in a local park during the day and enjoy nature.

