

Self-Care Checklist For Youth, by Youth



1 Take care of yourself in different ways.
(mental, physical, emotional, spiritual)



2 Use the time to take a break,
develop new interests &
routines.

3 Exercise. It helps!

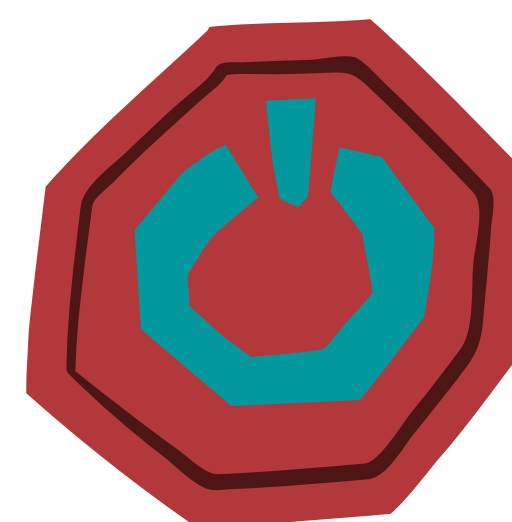


4 Eat well.
Sleep well.



5 Connect with others. But
also don't spend too much
time on social media.

6 Pause. Stop
overthinking. Relax.
No negative self talk!



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