

TIPS FOR CARING FOR YOURSELF

Ask yourself: "How am I feeling right now?"

- Acknowledge your feelings—strong, subtle, or none at all.
- Feelings can change often.
- Energy will ebb and flow.
- It's okay, an necessary, to take a break.

Tend & connect:

- Tend to your nervous system:
 - Take deep breaths
 - Notice your feet on the floor
 - Look around or outside
- Tend to your body:
 - Have a snack
 - Drink water
 - Stretch and move
- Connect:
 - Reach out to your support system
 - Spend time with those who care about you

Allow:

- Limit exposure—step away when overwhelmed.
- Choose uplifting content: music, shows, movies, posts etc. that make you smile.
- Make time for activities just for you.
- Notice and savor moments of okay-ness.

Find more resources at www.elfuturo-nc.org

