REDIIFINING SELF-CARE

"An every day practice that allows us to strengthen our bodies, minds and souls through a wide array of activities of our individual interests that <u>best fit</u> our <u>lifestyles</u>, <u>resources</u> and our <u>unique selves</u>," –Cheryl Aguilar



Back to the
Basics:
Good Sleep,
Nutrition,
Exercise, Nourish
Body, Mind and
Soul

Set Boundaries

HOPE'S SELF-CARE PRINCIPLES

Do Things that Bring you Joy & Repeat

Connect with Others

Make Self-Care Part of your Survival

Sprinkle
Self-Care
Throughout the
Day