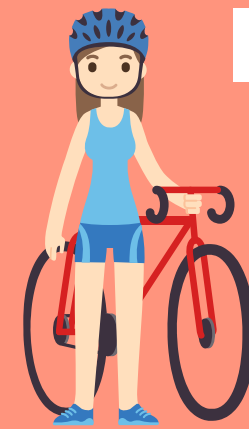


# Self Care Strategies for TEENS



## Physical

Recognize when you're overworked.

Take breaks. Eat healthily. Get enough rest.

Breathe deep. Find exercises you enjoy doing. Consider how you want to feel next year and take steps to meet those physical goals. Be mindful and practice good hygiene. Speak to doctors to learn more about taking care of your body.

## Financial

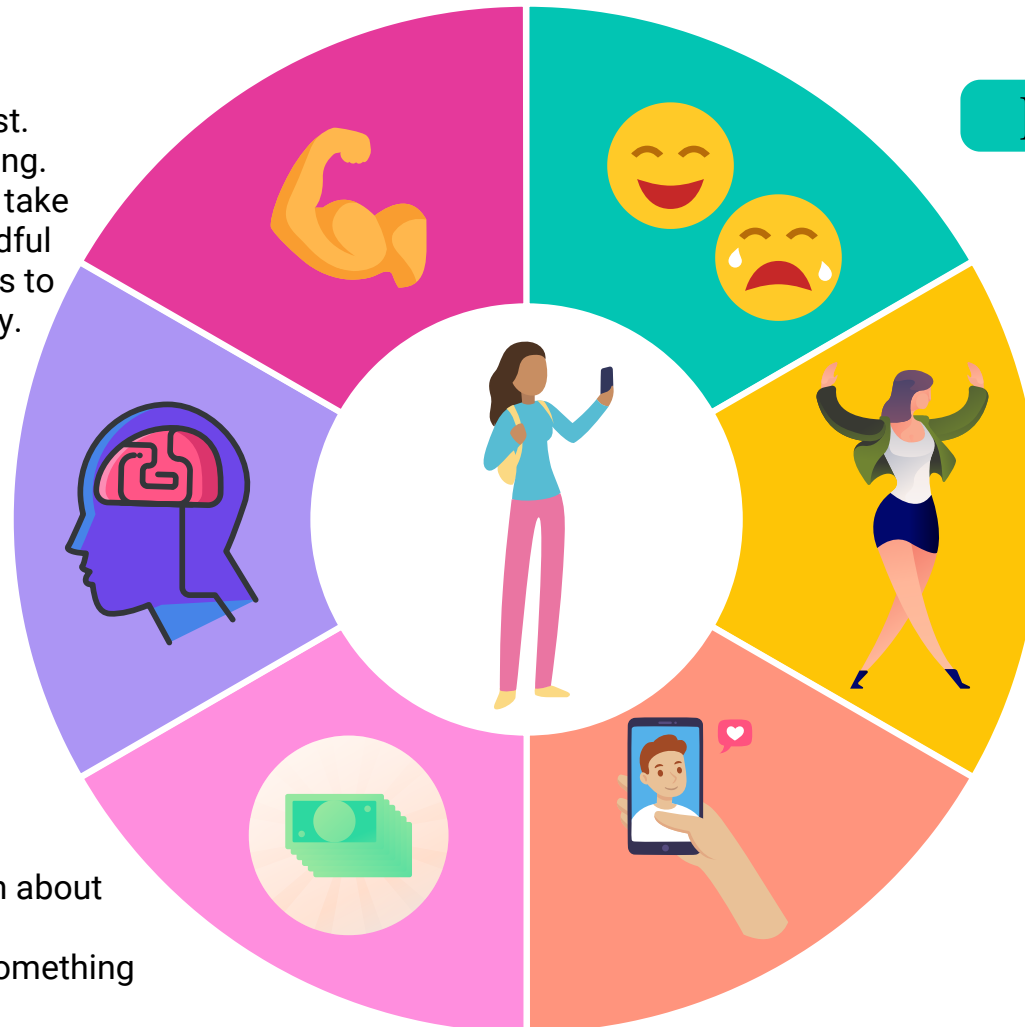
Create short-term and long-term goals.

Budget the money you spend. Pay bills on time. Set boundaries on lending money. Consider how to start building credit. Treat yourself occasionally.

## Intellectual

Read a book. Use a search engine to learn about something that interests you.

Consider times when learning or knowing something made you feel good. Try something new.



## Emotional

Recognize that you have individual and unique needs. Only you can recognize what those needs are. Advocate getting those needs met.

Draw or paint.

Join a team.

Seek help when you need it.

Acknowledge your emotions.

Journal your thoughts and feelings.

Recognize your boundaries and define them.

## Spiritual

Spend time thinking about what you believe in. How can those beliefs be reflected in your actions?

Meditate. Practice Yoga.

Express gratitude.

Volunteer in your community.

Spend time in nature.

## Social

Curate the content you see on social media by being selective of what you like and comment on.

Find a way to talk about your interests with others online or in person.

Set time aside to spend off of social media, regularly.

Be Present.