

## Week 13 of Headstrong from home

## https://youtu.be/DQLnp4DR7Iw



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What do I do for self-care? J Tidy Frank Get plenty of sleep 203 Enjoy sunshine Read Read about people whose lives are more complicated Cook I= Write or draw (out loud) P Garden Talk to myself Get a hug 💭 Cuddle cats R Walk or bike (esp. in ) 2 Talk to select people

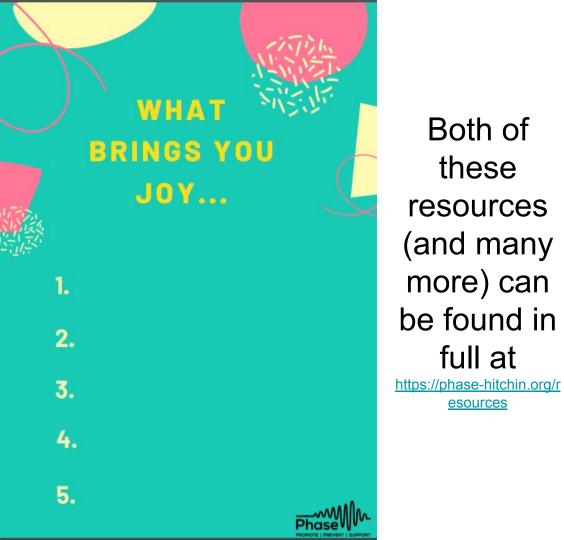






Your challenge this week is to try something that is good for your self-care. You might want to create a self-care toolkit that is ready if you have tricky days. You might want to try the activities suggested by Phase - listing what brings you joy or starting a gratitude journal.

What you do is entirely up to you, but it needs to be something which makes you feel good and helps build up your resilience.





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SELF CARE

is a priority

AND NECESSITY

-NOT A LUXURY-

GIVE YOURSELF THE SAME CARE & ATTENTION THAT YOU GIVE TO OTHERS

ILLE

HALL

AND WATCH YOURSELF BLOOM

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The Sprouting Sunflower