

# Self-Care

Do an activity that helps you survive, grow and thrive. Here are a few suggestions:

## Rest

Sleep in, have a nap or go to bed early.

## Move

Move your body in a way that makes you feel your best. This could be going on a run, stretching, dancing or gardening.

## Express Yourself

Do something creative to express yourself. It could be through music, painting, writing, designing or creating something new.

## Focus On Your Mental Health

Try affirmations, journaling, breathing exercises, a social media detox or meditation.

## Eat What You Love

Eat whatever makes you feel good.

## Do Something You Love

Spend time doing something you love to do or something that makes you happy.

THE  
STOP  
CAMPAIGN

S  
R  
T