

# self-care

## for students

**Check the boxes of the activities you do to take care of yourself during the winter break.**

- spend time with your family & friends
- drink water
- get plenty of sleep
- eat fruits & veggies
- make a gratitude list
- spend time outdoors/enjoy nature
- exercise
- do something kind for someone
- do something you enjoy
- organize your space
- take a technology break
- practice mindfulness
- read a book
- take deep breaths