

Give 1/Get 8 Self Care Activities

Activity courtesy of Chicago Public Schools

1. Answer one of the questions in the grid below.
2. Mingle with others to share your activity and hear about theirs. Write their ideas into your grid.
3. Circle your favorite ideas and plan to incorporate them into your week!

How do you make time for exercise, and what kind of exercise do you like to do?	What do you do during the week to nurture your spiritual health?	How do you carve out “me time” during the work day, and what do you do?
How do you unwind and recharge after work?	How do you care for yourself when you have had an upsetting or stressful day?	What strategies do you use to eat healthy?
What morning routine helps you prepare emotionally for the day?	What do you do with your friends or family that re-energizes you?	Other: What’s your favorite self-care activity that doesn’t fit into any of these boxes?

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