

signs and strategies for

self-care

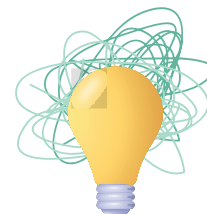
SIGNS YOU ARE IN NEED OF SELF-CARE



experiencing
inconsistent
SLEEP



lack of energy,
motivation or
EXCITEMENT



finding it
difficult to
FOCUS

feelings of
**IMPOSTOR
SYNDROME**

more irritability &
**EMOTIONAL
REACTIVENESS**

body feels
**STRESSED
OR HEAVY**

STRATEGIES FOR SELF-CARE



set a daily
ROUTINE



identify a support system &
STAY CONNECTED



take time for
YOURSELF

maintain a
HEALTHY DIET

practice
GRATITUDE

consistent exercise &
SLEEP HABITS