

Twelve

ways of

SELF-CARE

DON'T BE A
PERFECTIONIST

DON'T BE A PEOPLE
PLEASER

BE KIND TO YOURSELF
BEFORE OTHERS

DON'T EVER SPEAK
BAD ABOUT YOURSELF

TRUST YOUR GUT
INSTINCTS

SAY WHAT YOU MEAN,
MEAN WHAT YOU SAY
BUT DON'T SAY IT
MEAN

REPLACE "I AM STUPID"
WITH "I DID SOMETHING
STUPID"

DON'T BE AFRAID
TO SAY "YES"

DON'T BE AFRAID
TO SAY "NO"

LET GO OF WHAT YOU
CAN'T CONTROL

STAY AWAY FROM
DRAMA AND
NEGATIVITY

ASK FOR HELP

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