**SELF-CARE**

- **Physical**
  - Being outdoors!
  - Maintaining Regular & Healthy Eating Habits
  - Getting Enough Restful Sleep
  - Seeking Medical Care when Needed
  - Exercising Regularly Each Week

- **Emotional**
  - Laugh! Think Positively
  - Seek Support from a Reputable Professional (e.g. Counselor, Social Worker, Pastor)
  - Meditate; Breathe Deeply; Do Relaxation Exercises
  - Accept & Express Your Emotions

- **Social**
  - Connect
  - Listen and Learn With Friends
  - Family & Community
  - Spirituality
  - Skills/Hobbies
  - Cultural Practices

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**Support Resources**

- Advocacy & Education
- The Aurora Center

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**Additional Tips**

- **Connect**
  - With Friends
  - Family & Community
  - Spirituality
  - Skills/Hobbies
  - Cultural Practices

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**(self-education)**