

An illustration of a boy with dark skin and hair, wearing a yellow long-sleeved shirt and red pants, walking a brown dog on a leash. The dog has a yellow collar and a purple tongue sticking out. In the background, there are stylized trees, a sun, and a kite flying on a string. The entire scene is set against a textured, orange-brown background.

**Sometimes
getting outside
can get you out
of a funk.**

Take Care of Yourself

We all experience times when we need to take a step back and focus on ourselves. Taking care of our minds and bodies boosts confidence, reduces stress and promotes well-being.

Self-care can be as simple as remembering to take some deep breaths. To some people, it means yoga or a hike. For you, self-care might be listening to music or exercising or playing with a pet. We each have our own ways of centering ourselves. Try out new things to see what works for you.

It's important to remember self-care isn't selfish -- we can't help others if we are not first taking care of ourselves. Although it can be difficult to find the time, try to create a consistent practice by setting aside some daily moments for your own self-care.

To find out more, visit
activeminds.org/selfcare

