

Feeling overwhelmed?

5 Minute Self-Care Tips



Create a
'TO DO' list



Take deep
breaths



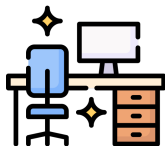
Let go of what
you can't control



Listen to your
favorite song



Go for a
quick walk



Speed clean
your workspace



Stretch your
body



List 3 things
you're grateful for



Write down
your thoughts