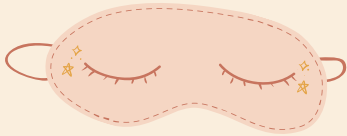


# BECAUSE YOU'RE SO WORTH IT

## SELF CARE CHECKLIST



Get enough sleep



Get out and spend  
time in nature



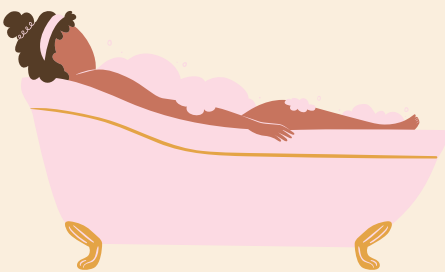
Look at your diet



Exercise daily



Stay hydrated



Keep yourself clean



Learn to say "no"



Slow down and  
take time out