



# SELF CARE TIPS

## ON HEALTH AND WELLNESS

EAT A BALANCED DIE

STAY HYDRATED

ENGAGE IN REGULAR PHYSICAL  
ACTIVITY

MANAGE STRESS

MAINTAIN A HEALTHY WEIGHT

PRACTICE GOOD HYGIENE

LIMIT ALCOHOL CONSUMPTION

DON'T SMOKE OR USE TOBACCO  
PRODUCTS

PRIORITIZE MENTAL HEALTH

PRIORITIZE SLEEP

