

PRIORITIZING SELF CARE

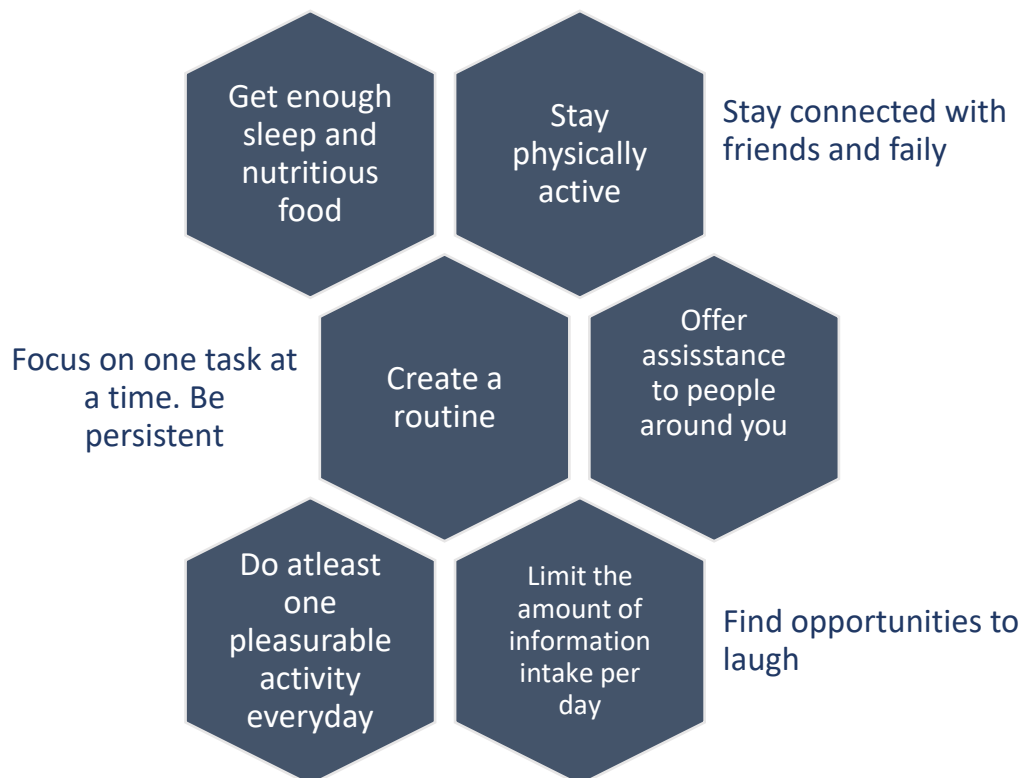
Self-care refers to any activity we do deliberately in order to take care of our mental, emotional and physical health.

Self-care activities refuel us, not drain us.

How does self-care benefit us?

- Lifts our mood
- Protects against psychological distress
- Reduces worry
- Helps to feel good about ourselves
- Curtails boredom
- Aids in maintaining physical and mental health
- Increases and sustains productivity in the long run

Simple Ways to Promote Health Care



kindly contact us for further assistance with our Clinical Psychologist

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