

Self Care (6TH-12TH):



Self care isn't as easy once you get older, but there are more things you can do. Your horizon is broad and the possibilities are endless. Do what you love to do and do what makes you happy. You are young so explore ideas in your head and be who you want to be. The first step is self care so you can destress and continue to be the best you!!

Pro-Tip: Self care is very simple and can be done at any time.

Activity: Take Care!

Here is a list of activities that you can do that counts as self care:

- <https://www.kiddiematters.com/80-self-care-activities-teens/>
- <https://www.mghclaycenter.org/parenting-concerns/11-self-care-tips-for-teens-and-young-adults/>

Here are videos of self care routines that will help you destress:

Meditation Videos:

- For Anxiety: <https://www.youtube.com/watch?v=O-6f5wQXSu8>
- Quick 5 Minutes: <https://www.youtube.com/watch?v=inpok4MKVLM>