

SELF CARE KIT



YOGA

Yoga is all about self discovery and love. Practice yoga to strengthen and relax your mind, body, & soul.



SLEEP

Most healthy adults need 7-9 hours of sleep/night to function at their best. Teens & children need even more.



TV

Some research has shown that using media can make you more relaxed. It provides a momentary escape from stress.



ART

Practicing art therapy helps to reduce stress and anxiety, while also increasing self-esteem.



FRIENDS

Friends prevent loneliness and can give a sense of purpose and belonging in life.



MUSIC

Music can provide a distraction from stressful thoughts and create feelings of happiness.

DON'T FORGET TO MAKE
SELF CARE WHAT YOU LOVE.

Learn more at redefy.org