



## Permission to Keep Calm and Carry On Self Care

**Goal:** Take advantage of free time to do something you enjoy. Although there is always something else to get done, it is important to practice self-care.

**[Tip]:** Read a book, take a walk, or binge the next episode of your favourite show.

**Why is this important?** Prioritizing self care can help to deal with the pressures of a busy schedule, and can also help you to be calmer and more attentive when engaging with others.

**References:** Harvey, V. S. (2007). Raising Resiliency Schoolwide. Education Digest, 72(7), 33–39. Retrieved from <http://search.ebscohost.com.uwinnipeg.idm.oclc.org/login.aspx?direct=true&db=rch&AN=25057112>

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