



## Self Care

You are Worthy!

**Goal:** Identify some of your needs or wants and give yourself permission to access them. Try not to feel guilty for putting yourself first, and take the time to give your body and mind a break by engaging in activities that make you happy.

**[Tip]:** Reserve 15 minutes everyday to relax by reading, drawing, or practicing self-care in some way.

**Why is this important?** Demonstrating self-care and self-respect helps everyone to see their worth, which is an important practice for all.

**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=r ch&AN=25057112>

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