



Caring for yourself and others

- Try starting small by doing one thing every day that improves your mental or physical health in some way. You could meditate or take a walk after dinner.
- 9l dYfng'fYVtā a YbX' bX]b['U'a]l 'cZUMj]h]Yg'hUh' \Y'd'mci 'ZYY'VU'UbWX'UbX'Z' 'YYX"
- FY[i 'Uf'mia U_Y' fa 'd'Ubg'hc '\Uj Y'ii bW'cf'gYY'U' movie with a friend.
- To keep your self-care from falling by the wayside, enlist your partner or a babysitter to take over if you're ci h"7\]XfYb VYbY hZfca 'gdYbX]b['h]a Y'k]h'c'hYf' caring adults.
- 6mYU]b['k Y''žg'YYd]b['Ybci ['\UbX' H]b[]'b'gca Y' "me" time, you'll be better able to care for those in your charge.

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