

How do you practice self-care?

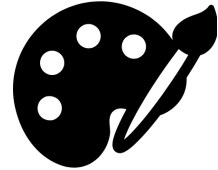
(Circle your preferred methods)



Exercise



Listen to music



Be creative



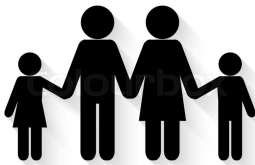
Eat healthy



Sleep



Practice Mindfulness/Yoga



Spend time with friends/family



Talk about my feelings



Un-Plug Electronics

Other ideas?

First Name: _____ **Last Name** _____

Name of any trusted adults at school that you can talk to:

Was today's presentation helpful? Yes No

Why or why not?

What suggestions do you have for future presentations?

Additional comments?

