

SELF-CARE TIPS

Close your eyes for a moment and take a deep breath.

Practice patience.

Practice positive self-talk.

Keep a “this too shall pass” perspective.

Use humor to help you laugh and flood your brain with endorphins.

Help others with a growth mindset by:

- a. Provide good choices.
- b. Quit taking it personally. (QTIP)
- c. Separate the behavior from the person.
- d. De-escalate before problem-solving.
- e. Ask a question to help regulate the brain.
- f. Find the lesson in what is happening.

GIVE ME FIVE!

Begin the day with gratitude!

Perform one act of service/kindness!

Exercise and get some fresh air!

Connect with others and SMILE at least hourly!

End the day with reflecting on one positive thing!