



# Self care

Time to take care of our body, mind, and emotions.

Now. Anywhere.

Time has been given to us.

## Practice something

Yoga, .... Stretching outside is fun.

Play an instrument, sing, ...

Eat healthy. Drink more water.

Cleaning out closets clears minds.

Strengthen immune systems.

What are the birds doing?

Breathe fully.

Elongate the spine ... sit up.

Enjoy something!

