PRACTICE
SELF-CARE

Mental Care
- Do a puzzle
- Learn a new skill
- Listen to a podcast
- Read a book

Emotional Care
- Spend quality time with loved ones
- FaceTime your friends
- Journal

Spiritual Care
- Practice meditation
- Get creative
- Connect with nature

Physical Care
- Drink water
- Eat healthy food
- Get good sleep
- Exercise

For more resources, please visit:
www.csueastbay.edu/mathlab
www.csueastbay.edu/stemlab