

Start each day anew.

Treat yourself!

Leave your work  
at work.

Eat well and hydrate.

Use positive self talk  
and affirmations.

Unplug from  
social media.

Get out into nature  
and breathe.

Read a book  
just for you!

Exercise.

# Self Care is Self Maintenance

Practice a  
growth mindset.

Plan fun activities for after  
work or the weekend.

Learn new skills.

Ask for help if you  
need it.

Express your feelings.

Make time for family  
and friends.

It's okay to say no.  
Practice this.

Practice your  
spirituality or  
religion.

Meet new people.

Get enough sleep  
and rest.

Listen to your  
favourite music.



ink saving Eco

# Working With Self Help

**Tobias Bleicker**



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