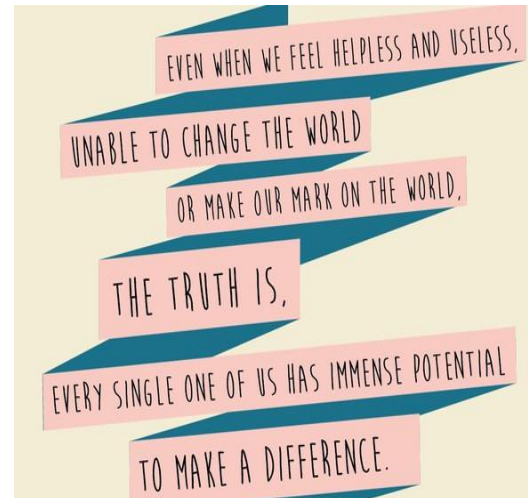
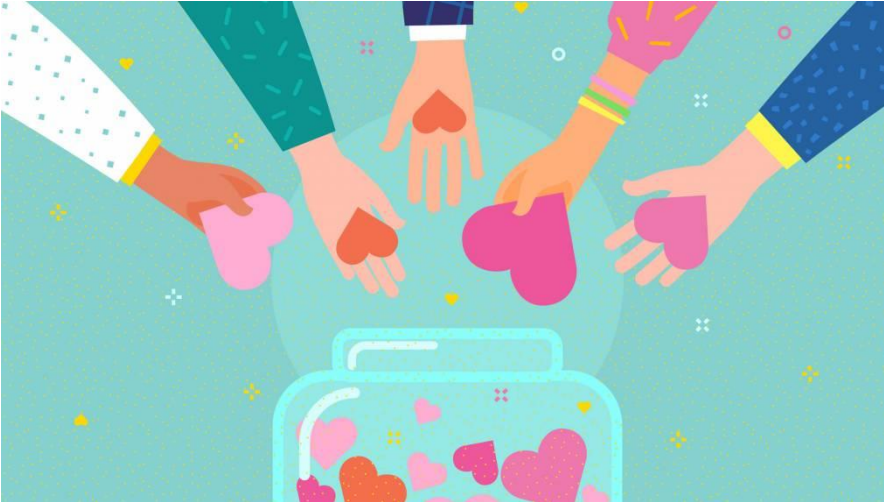


SELF-CARE TIPS FOR HIGH SCHOOLERS

GLASTONBURY
YOUTH & FAMILY SERVICES
321 HUBBARD STREET
GLASTONBURY, CT 06033
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- Stay connected to friends.
- Remember to eat right, exercise and get plenty of sleep.
- Take breaks during the virtual school day to: move around, stretch, take a walk, meditate or listen to music.
- Schedule a virtual hang out or movie night with your friends.
- Keep a gratitude journal to reflect on something positive each day.
- Limit your social media & COVID-19 coverage each day.
- If the weather is nice, try to get outside at least once a day.
- Do at least one activity that you enjoy everyday (write, read a book for leisure, call a friend, sing, play video games, play basketball).
- Help lift someone else's spirits.
- Do a good deed.
- Listen to a mood boosting playlist or your favorite song to start your day.
- Watch a movie or TV show that makes you laugh.

Provided by
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