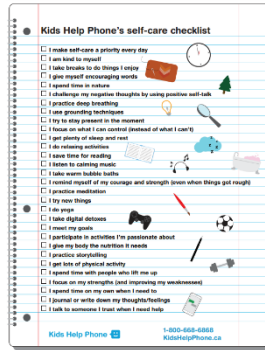


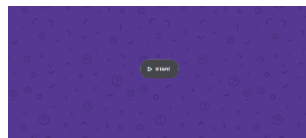
Self-Care



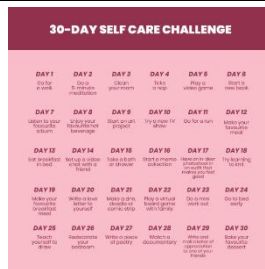
Self-Care 101 – Self-care is an important part of wellness. Take time and discover what helps you to feel good and recharge.



Self-Care Checklist – If you're looking to practice more self-care in your daily life, you're already on the right track. Here, Kids Help Phone shares a list of ways you can be a champion for your own mental health and well-being.



Self-Care Quiz - Self-care is about nurturing your mental, emotional and physical health. It's important to take time to look after yourself. Try Kids Help Phone's quiz to find out if you're practicing enough self-care!



30 Day Self-Care Challenge – challenge yourself to complete as many of the self-care tips as you can during the 30-day period. Remember, each self-care task is a reward in itself.