

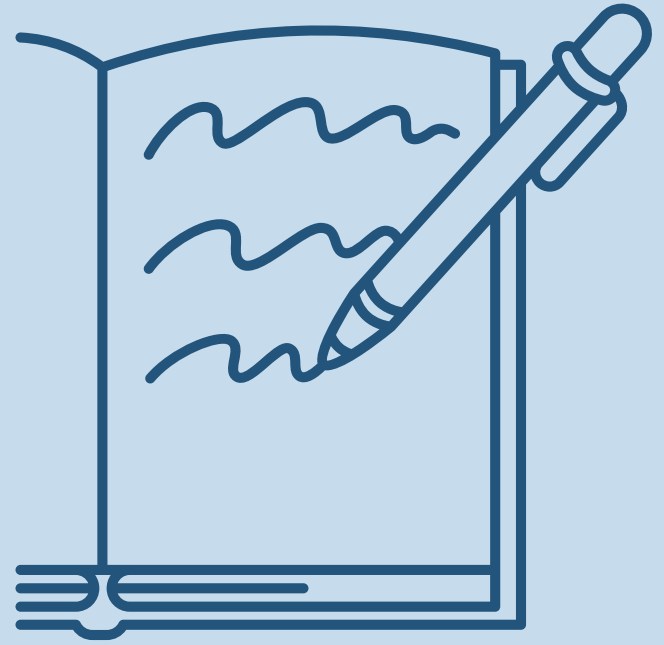
# Self-Care Ideas To Fill Your Cup



## Digital Detox



Sometimes being on your phone or computer can be overstimulating. Try taking a break from screens and media to give your eyes and brain a reset.



## Journal

This could be writing a letter to a loved one, getting your feelings down on paper, or crafting a fun story. Writing is a great creative outlet to express yourself.



## Walk In Nature

Fresh air and light exercise is good for the mind and soul. Enjoy the peaceful sounds of outside while you walk by yourself or with a friend!

## Call Someone You Love



Oftentimes in the busyness of life, we forget to check in with our parents, friends, grandparents, etc. Take some time to call a loved one, reminisce on cherished memories and encourage each other for the future.



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