



Teens: My Self-Care

From a channel with a health professional licensed in the U.S.



THE WAY YOU TAKE CARE OF YOURSELF



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**Teens:
MY SELF-CARE**

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LET'S TALK **SELF-CARE**

WAYS TO PRACTICE

Take care of your body.
Exercise, drink water, rest.

Stick to routines.

Get a support system
(Friends, family, teachers)

Establish and stick to your
boundaries.

Increase healthy coping
skills.

Talk to your teen

- **What does self-care mean to your family?**
- **How does your family practice self care?**
- **Where could self care be added into the family routine?**

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