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"COVID-19 Self Care 101"

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The background of the slide is a light cream color with a subtle, crumpled paper texture. It is framed by a thin orange border. Various tropical leaves are illustrated around the edges: large teal monstera leaves, orange palm fronds, and smaller orange and teal foliage. A horizontal orange brushstroke is positioned behind the main title text.

COVID-19 Self Care 101


Here you'll find all the tips and tricks for
all the self care you need ...


Why Self Care is Important during these uneasy times...

- Taking care of our emotional, physical, and personal health is always important. However, during this era of the coronavirus pandemic it is even more crucial. Many individuals including myself, have been feeling extremely overwhelmed and forget to take care of ourselves. That is way I am going to share some of tips I have personally done to help me keep pushing through.




Tip 1 : Emotional Care

- If you're anything like me , life have really been taking an emotional toll on you. When I encounter a lot of stress I tend to hold it in. However, that never really fixes anything. Therefore, my tip for emotional health is to find a loved one to console in. I always feel much better after venting to a love one and then I remember I am not alone.
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Tip 2 : Physical Care

- Due to the pandemic gyms and parks have closed for our safety and health . However, it had left many individuals to become less active. When we are less active we tend to feel lazy and unmotivated. My tip to you is to set weekly active goals for yourself. For instance, this week my weekly active goal is to run 5 miles this week.
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Tips 3 : Personal Care

- Personal care falls under so many categories. When we are busy and have multiple responsibilities to uphold we can easily push back our own personal care. However, we need to always take care of our self and put our self first. That is why my tip to you is to always designated some time for your busy week to call/zoom with your friends, watch a movie, take bubble bath, or anything that truly brings you joy.
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