

Self Care During COVID-19

ILLINOIS-EASTERN IOWA DISTRICT

Relaxation

- Go on a walk
- Play with pets
- Paint
- Read a new book
- Go for a drive
- Bake something delicious
- Face masks
- Try new makeup



Get Stuff Done

- Finish schoolwork
- Clean your room
- Get rid of items that do not spark joy
- Set goals for the rest of the year
- FaceTime friends

Try Something New

- Try to skateboard
- Pick up a new instrument
- Take a break from social media
- Play with cards or board games

