

Welcome to



day

## PHYSICAL SELF-CARE

CRISIS TEXT LINE |

Physical self-care involves activities and practices that maintain and improve the body's health and well-being.



Maybe it's running in the park or lifting weights at the gym. Maybe it's just dancing with your friends. Any way you can get your heart rate up promotes your physical well-being.



Maintaining an entirely balanced diet can be tricky. Start with one healthy meal - include a favorite ingredient, too.



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Staying hydrated can help maintain clear skin, keep joints lubricated and support regular digestion.



Enhancing your physical fitness can reduce stress and improve your mental clarity.



Give yourself time to unwind and complete your nighttime routine. Don't have a night time relaxing routine? Give yourself time to make one.

Instructions: In the "Arrival" section, mark tasks as complete or enter the date each task was completed.