

SELF-CARE STRATEGIES

These 3 tips are a great place to start!



Sleep Schedule

Remember, a well rested mind is the best mind. Make sure to have a regular sleeping schedule that fits in 7-9 hours of sleep.



Proper Nutrition

Stock up on healthy snacks and never skip a meal!



Physical Health

Take those extra steps around the classroom. Do whatever you can to make sure your body is in optimal shape for the school year.