give yourself credit

know you are doing a great job holding it together

don't aim for perfection

with friends and family focus on a

without few quiet screens moments

allow yourself to be human

SELF-CARE TIPS



from SchoolLink
University of Missouri



Call 844-686-6854 or Text 585-FAMILY1



Email SchoolLink@Missouri.edu

relax and reflect

speak honestly

remember what helps you manage stress

speak openly

share how you feel; whether positive or not so much journal it out

give yourself credit

WITH FRIENDS AND FAMILY

focus on a few quiet moments

without screens

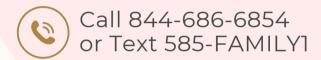
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