

give yourself credit

know you are doing a great job holding it together

don't aim for perfection

focus on a few quiet moments

with friends and family

without screens

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

remember what helps you manage stress

share how you feel; whether positive or not so much

speak honestly

speak openly

journal it out

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