

DAWGS DARE

TO SELF CARE

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<p>1 CONNECT Connect with someone who inspires you.</p> 	<p>2 LOOK UP Walk to class without looking at your phone.</p> 	<p>3 HYDRATE Replace a sugary or carbonated drink with water.</p> 	<p>4 DE-CLUTTER Clear your backpack or desk to clear your mind.</p> 
<p>5 GET SOME ZZZZS Go to sleep 30 min early.</p> 	<p>6 ATTITUDE OF GRATITUDE Make a list of 5 things you are grateful for.</p> <ul style="list-style-type: none"> o 1. Friends o 2. Coffee o 3. Hugs o 4. Sweaters o 5. Coffee 	<p>7 JUST SAY NO Resist the urge to over commit.</p> 	<p>8 FUEL UP Start your day with something nutritious.</p> 
<p>9 BREATHE Give yourself a deep breath.</p> 	<p>10 SHAKE IT OFF Have a mini dance break.</p> 	<p>11 JUST DO IT Do one thing you've been putting off.</p> 	<p>12 PJ PARTY Dress for comfort today.</p> 
<p>13 JAM OUT Play a song that makes you smile.</p> 	<p>14 TAKE A LAP Stretch your legs or change your scenery.</p> 	<p>15 TREAT YO SELF Treat yourself with something that feels good.</p> 	