

# Care for Yourself - You Are Loved!



## Stay Shiny

Self-Care is essential for continuing to do our best for our students.

[Click here for Important Self-Care Tips](#)

[Click here for Article about working through Self-Care Guilt](#)

[Click Here for important info on Preventing Burn-Out](#)



## Continuing to Eat Well

[Tips for Healthy Eating While Working from Home](#)

[Sweet Tooth? Check out these sweet but healthy choices to indulge in guilt free!](#)

[40 Min. Healthy Dinner Recipes for Fresh Inspiration](#)

[43 Healthy Snack Ideas](#)



## Activity

[Breathe, Stretch, & Click Here for Free Yoga](#)

[Take Free Dance Classes Online by Clicking Here](#)

[14 Fitness Apps & Streaming Services to try for FREE](#)

[Ideas for Indoor and Outdoor Exercise During Pandemic](#)



## Getting Cozy

[Important Tips for Feeling Good & Being Productive when Working from Home](#)

[Creating a Cozy and Relaxing Space](#)

[Giving & Getting More Hugs Has a Huge Impact: Click Here](#)

[Cuddle Up with a Pet, Science Says It Decreases Anxiety & Depression](#)



## Brain Vacation

[It is Important & Helpful to Take Brain Breaks. Read for 10 Min, or Do Something Else You Enjoy](#)

[Click Here for a Calm Change of Scenery](#)

[Watch Some Good News Here with SGN](#)

[Watch Something Funny Here: Laughter is Powerful](#)



## Total Calm

[Visit This Mindful Website to Feel Refreshed](#)

[Feeling Stressed? Click Here for a Very Helpful Technique!](#)

[Click: Be Soothed By the Sights & Sounds of Nature](#)

[Deep Breathing Can Change Your Day Fast: Click to Learn 5 Breathing Exercises](#)

[Just Breathe](#)

For More Encouragement from Your SOE School Counselors: [Click Here](#)