



WHAT CAN TAKING CARE OF OUR WELL-BEING LOOK LIKE?



I



me

Going outside
to get some
fresh air



Taking 10 min
alone to check in
with yourself

Unfollow accounts
that make you
feel upset

BYE!

Asking for
support from a
loved one

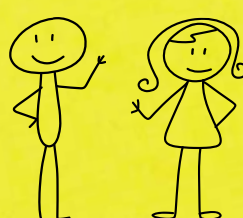


Watching
something that
makes you laugh

HAHA!

Saying "no" to
plans to
prioritize rest

Reaching out to
a friend to
make plans



Checking something off
of your to-do list



Visit [NEDIC.ca](https://nedic.ca) to access support through our confidential helpline or live chat!