**Self-care facilitates self-reflection**

* Talk to others
* Eat healthy
* Get moving
* Do your hobbies
* Use your spiritual resources
* Other resources\_\_\_\_\_\_\_\_\_\_

**Self-care facilitates self-reflection**

* Talk to others
* Eat healthy
* Get moving
* Do your hobbies
* Use your spiritual resources
* Other resources\_\_\_\_\_\_\_\_\_\_

**Self-care facilitates self-reflection**

* Talk to others
* Eat healthy
* Get moving
* Do your hobbies
* Use your spiritual resources
* Other resources\_\_\_\_\_\_\_\_\_\_

**Self-care facilitates self-reflection**

* Talk to others
* Eat healthy
* Get moving
* Do your hobbies
* Use your spiritual resources
* Other resources\_\_\_\_\_\_\_\_\_\_