

# SELF-CARE IS AN IMPORTANT LIFE SKILL.

It ranks right up there with making and keeping a budget, cooking, cleaning, goal setting, and table manners.

## WHY IS SELF-CARE SO IMPORTANT?

If you don't know how to take care of yourself, it will affect your quality of life and physical and mental health. Practicing self-care allows you to feel happiness, to feel in control of your life, and to have peace.

**SELF-CARE** can be something you choose to DO. Taking a walk, listening to relaxing music, writing out your goals, reading a book, learning a new sport, taking up a hobby, and turning off your cell phone notifications are all ways you can take care of yourself mentally and physically.

**SELF-CARE** can help you stay calm, cool and collected. But did you know self-care can also be something you choose NOT to do? Choosing not to say "yes" to another commitment when you're already busy, choosing not to stress over things out of your control...all these are things you can control to take care of yourself.

## CHOOSING NOT TO VAPE IS SELF-CARE. IT HELPS KEEP YOUR MIND HEALTHY.

Saying "no" is alright when you feel uncomfortable.

Everyone needs to make their own life choices.

Love yourself.

Future plans are within your reach when you take care of yourself!

Choosing healthy habits will pay off.

Allow yourself to relax and just "be."

Remember your goals and who you want to become.

Each day you don't vape helps your brain stay healthy.

JUST

