
Teen Self-Care Ideas for the Body

Self Care mean intentionally caring for your body in a healthy manner. It's prevention and becoming aware of your needs and putting them first in order to be your best self.

- Do yoga.
- Take a walk.
- Play with your pet.
- Take a nap.
- Take a bath.
- Paint your nails.
- Call a friend.
- Exercise.
- Cook something.
- Get outside get some fresh air.
- Stretch.
- Put on a facemask.
- Drink a cup of tea or hot chocolate.
- Laugh.
- Give someone a hug.

