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## Teen Self-Care Ideas for the Mind

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.

- Read a book.
- Meditate or do a breathing exercise.
- Write in a journal.
- Edit your social media feeds, and take out any negative people. You can just “mute” them; you don’t have to delete them.
- Unplug for an 30 minutes. Put your phone is another room or on airplane mood and free yourself from the constant “bings” of social media.
- Be selfish. Do one thing today just because it makes you happy.
- Take a power nap.
- Write in a journal.
- Call a friend.
- Listen to music.
- Watch a show or a movie.
- Forget about your homework and your “to do” list and just goof around for a bit.

