

# SELF-CARE TIPS



WELLNESS@WAKETECH.EDU

NEED TO TALK?  
BIT.LY/WTCCWELLNESS

## 01

Spend time outdoors daily

## 02

Take frequent breaks while working

## 03

Write or create something

## 04

Create a daily routine and focus on the basics (eating well, getting enough sleep)

## 05

Reach out to or connect with a friend/loved one