

On behalf of the Networks Students and Staff, we would like to thank everyone for your help making our 2nd Virtual Plunge with the Special Olympic Team an even bigger success than last year!! Everyone had a blast plunging or watching student plungers get their staff plungers soaked!! This year, we doubled our goal from last year to \$10,000.00.

We once again exceeded our goal and raised \$14,000.00 for Special Olympics as of February 3rd. Thank you all so much for your help with raising funds and remember no donation is too small. If you have not donated yet, there is still time as our team page will be available for donations until March!! Please check out all of the plunge pictures, videos and link to Support the PLUNGING PENGUINS on our Facebook page!!



Upcoming Dates to Keep In Mind Include:

- February 10 - No School for Students / Staff Professional Development
- February 12 and 13 - Professional Dress
- February 11 to 13 - Special Olympics Athletes Represent Team
Delaware Snowshoeing in Western Pennsylvania
- February 14 - Valentine's Day
- February 17 - No School / President's Day
- March 12 and 13 - Professional Dress
- March 14 - Parent Conferences / No School for Students
- March 28 - Spring Semi-Formal
- March 31 - No School for Students / Grading Day
- April 14 to 17 - Interview Week at Networks
- April 18 to 27 - Spring Break / No School for Students



From the Nurse's Office



February is American Heart Month! Every February, there is an annual awareness campaign to raise attention to heart health by educating others about cardiovascular (Heart and Lung) disease and encourage healthy lifestyle choice to prevent heart disease. Heart Disease is the leading cause of death in the US according to the National Institutes of Health in January 2025. On **Friday, February 7th**, many individuals across the USA will wear **RED** for the annual Go Red for Women campaign. This campaign began in February 1964 and is held the first Friday in February each year. **#WearRedDay #HeartMonth**



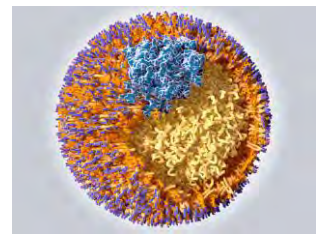
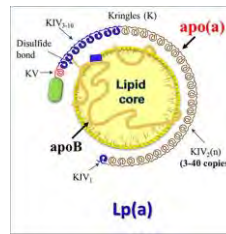
Be sure to check out more information that is attached on [Heart Smart Basics](#) to improve your knowledge about heart health.



At Networks, all of our staff have been learning about heart health by becoming certified or recertified in CPR and First Aid so we can be prepared in case of an emergency. The goal is to educate people on the importance of learning CPR and how to use an AED. **CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.** If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. The importance is on the willingness of bystanders to act in a cardiac arrest emergency.

- Knowing CPR and how to use an AED can save lives
- Using both CPR and an AED can increase survival rates to 70%
- CPR and AED skills are valuable for everyone, not just healthcare professionals

For more information on Hands Only CPR, see attached fact sheet.



Have you heard? The Clinical Research for Heart Health and Lilly have begun a research project aimed at individuals who have a history of Cardiovascular Disease in their family. Identification of those individuals at high risk of having a heart attack or stroke due to family history can be identified early on. It all starts with a simple blood test that is completed in addition to the common cholesterol lab testing. If **you** have a family history of heart disease, talk with your healthcare provider today about testing and how to prevent a heart attack or stroke among younger family members today!!

So, don't let the silent heart disease risk factor go unchecked. 1 out of every 5 people have high levels of lipoprotein(a) also known as Lp(a) and many individuals do not even know it. Lipoprotein (a) is also known as Lp(a) and 'L-P-little-A'. **Lipoproteins** are made of proteins and fats (lipids). **Lp(a)** is a **type of lipoprotein** that carries cholesterol around the body. High Lp(a) levels increase the risk of heart attack and stroke. Lp(a) levels are due to your **genetics** and not your diet and lifestyle. Many people with high Lp(a) levels do not have symptoms, and the only way to know is to **get tested**. If you test positive (or have elevated Lp(a) levels), be sure to follow up with a Cardiologist and talk to your younger family members about getting checked. Although there are no medications to treat high levels at this time, clinical research on risk factors and future medication is starting today. For more information on clinical trials by Lilly, check out information in this link:

<https://trials.lilly.com/en-US/research-areas/cardiovascular#about-our-research-cardiovascular>



Take Charge of Your Health



Know the signs
of a heart attack



Visit your family
practitioner and
get a check-up



Live healthier by trying
new heart-healthy
recipes and exercises



Learn CPR

- ♥ Watch the Hands-Only CPR video and share it on social media with 5 friends – one minute can save a life.
- ♥ Find an Instructor-led CPR course near you.
- ♥ Give a CPR Anytime Infant kit to a new parent or grandparent in your life.
- ♥ Organize a CPR training session within your community.



Advocate

- ♥ Go to YouAreTheCure.org and Pledge your Support.
- ♥ Approach a local business to purchase a CPR in Schools Training Kit for your child's school or purchase an Automated External Defibrillator (AED) for a school or community center.
- ♥ Host a fundraiser to purchase CPR Anytime Kits or AEDs for an organization in your community.



Social Media

- ♥ Post the CPR Week Image as your X or Facebook profile picture from June 1-7.
- ♥ Post a photo of you and your family on Instagram using the tags [#CPRwithHeart](https://www.instagram.com/explore/tags/CPRwithHeart/).
- ♥ Honor a survivor of cardiac arrest on Facebook by linking to the [Hands-Only CPR](#) video.
- ♥ "Like" the AHA CPR First Aid Facebook page, [@AHACPR](https://www.facebook.com/AHACPR) and X page, [@HeartCPR](https://twitter.com/HeartCPR).
- ♥ Recognize someone who has saved a life as a [Heartsaver Hero](#).

Corporate



- ♥ Print the CPR Week Cubicle Sign.
- ♥ Post or Print the CPR Week sign.
- ♥ Ask Human Resources to add CPR Anytime to your employee wellness program.
- ♥ Ask your employer to purchase an AED for your workplace.
- ♥ Start a corporate challenge to see which department can train the most people in CPR.
- ♥ Host a viewing party with healthy snacks and show the Hands-Only CPR video.





HANDS-ONLY CPR VS. CPR WITH BREATHS

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.

Will not meet requirements if you need CPR for your job.

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more in-depth training with an instructor, including CPR with breaths and choking relief.

Often necessary for people who need CPR training for work.

HOW DOES IT WORK?

Chest compressions are good for the first few minutes someone is in cardiac arrest pushing remaining oxygen through body to keep vital organs alive. Buys time until someone with more skills can provide help.

CPR with breaths combines chest compressions and breaths, providing additional oxygen to circulate throughout the body.

WHO CAN I USE IT ON?

Adult and teens.

Anyone who is in cardiac arrest, including: adults and teens, infants and children, pregnant women and any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest.

HOW DO I LEARN?

Go to [heart.org/handsonlycpr](https://www.heart.org/handsonlycpr) to learn the steps of Hands-Only CPR.

Go to [heart.org/cpr](https://www.heart.org/cpr) and click on FIND A COURSE to find a class online or near you.



♥ Why Learn Hands-Only CPR?

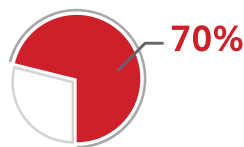
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira” or “Walk the Line” by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/CPR.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.



Keep Your New Year Resolution Going

20 Great Reasons to **EXERCISE** and improve your quality of life.



1. **Exercise is energizing** It leaves you with a natural high.
2. **It is one of the best things you can do for your health.** Every little bit counts and regular exercise will dramatically lower your risk of heart disease, stroke, cancer and other illnesses.
3. **Regular exercise can lower your blood pressure and reduce the risk of Type 2 Diabetes.**
4. **Exercise can help control your cholesterol.** Vigorous exercise like swimming and biking may lower your "bad" (LDL) cholesterol. Exercise can raise you "good" (HDL) cholesterol.
5. **With regular exercise, you may live longer and live healthier.** You will build stronger bones.
6. **Exercise helps prevent osteoporosis.** Your back will be happier and your joints will appreciate it.
7. **You will get stronger** by building your muscles.
8. **You will use more calories.** As your muscles grow bigger, you will burn even more calories sitting still. Exercise burns fat.
9. **Exercise will help you maintain a healthy weight.** It can help you lose weight and it is cheaper than buying a new wardrobe.
10. **You will be getting into shape.** Your self-esteem and confidence may improve. You will look and feel your best.
11. **You will feel your best.** Exercise will lift your mood as it is a natural "Anti-depressant." Doctors and even the Surgeon General recommend it!!
12. **It will help you look and feel younger.**
13. **Walking, jogging biking and other aerobic exercises will strengthen your heart.**
14. **Stretching will release tension to help you relax..**
Exercise is a great stress buster. Stretching will also keep you limber.
15. **People who exercise regularly tend to get sick less often.** You will be fighting against colds and flu.
16. **Exercise may help you to get to sleep faster – and sleep better.**
17. **Exercise will help you age gracefully.**
18. **You've got to use it or lose it.** It is a fun way to spend time with family and friends. Or, exercise is also a nice time to spend time alone.
19. **Exercise can be play.** You can do it at home, in a park or in a gym. You can watch them on TV AND play sports.
20. **Gardening, housework and dancing all count.**



It is never too late to get into shape!!





MUNCHworks

"Souper Bowl" Special

Please place your order by Monday, February 3rd, 2025
 for Delivery or Pick Up on
 Thursday, February 6 or Friday, February 7, 2025
 Phone (302) 454-2233 FAX (302) 454-5446



1 Quart Turkey Noodle Soup



1 Quart Tomato Soup



1 Quart Zuppa Toscana

Customer Information:

Name: _____

Address: _____

Daytime Phone: _____ E-mail: _____

Order Information:

Item	Price	Qty.	Total
Turkey Noodle Soup	\$12.00		
Tomato Soup	\$12.00		
Zuppa Toscana	\$12.00		
2 Oatmeal Dinner Rolls	\$ 2.00		

Select :

Pick Up – No Fee

Christina School District Building – Free on Friday, February 7th

Newark, Bear, Glasgow areas – \$5.00 for residential or businesses

New Castle, Wilmington, Northern New Castle areas – \$10.00

Order Total + Delivery Total: Total Amount: _____

Pick Up or Delivery Date Preference: (please circle one) Thur., Feb. 6 or Fri., Feb. 7, 2025
*Please indicate **pick-up time BEFORE 3 pm:** a.m. **OR** p.m.*

Recipient Information (if different from above):

Name: _____

Location: _____

Phone Number: _____

Payment Information:

Cash _____ Check (payable to Christina School District) _____

Thank you for supporting our students!



FLORALWORKS
Valentine's Day
SPECIALS



BE MINE,
VALENTINE
\$25.00



SWEETHEART
BOUQUET
\$40.00



FULL OF LOVE
BOUQUET
\$65.00



SCAN QR CODE TO ORDER.

ORDERS DUE BY FEB, 6TH

CASH OR CHECK ONLY

EMAIL: ANNA.FARRO@CHRISTINA.K12.DE.US



TREAT YOUR



ORDERS MUST BE
RECEIVED BY
FEB. 5, 2025

Valentine

**AND HELP OUT NETWORKS
SPECIAL OLYMPICS TEAM**



\$12

OPTION 1

LONG SLEEVE TEE

COLOR: ASH

\$12 EACH S-XL,

ADD \$1 FOR EACH SIZE UP

**SCREEN
PRINTED**



\$20

OPTION 2

CREW NECK SWEATSHIRT

COLOR: RED OR ASH

\$20 EACH S-XL

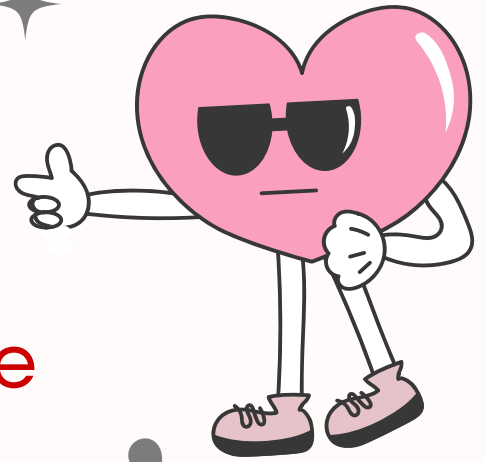
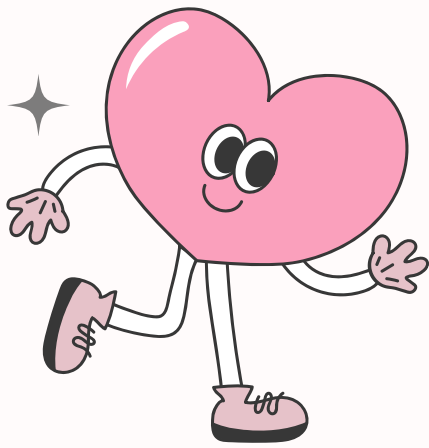
ADD \$1 FOR EACH SIZE UP

EMBROIDERED

CASH OR CHECKS PAYABLE TO:
NETWORKS PTSA



**PERSONALIZE ON SLEEVE FOR
\$5 (UP TO 3 NAMES), ADD \$1
FOR EACH ADDITIONAL NAME**



Celebrate
**Valentine's
Day**

**Purchase a
lolligram for your
family and friends**

LOLLIGRAMS WILL BE AVAILABLE FOR
PURCHASE DURING BREAKFAST AND
LUNCH AT NETWORKS, SHUE AND
DSD STARTING

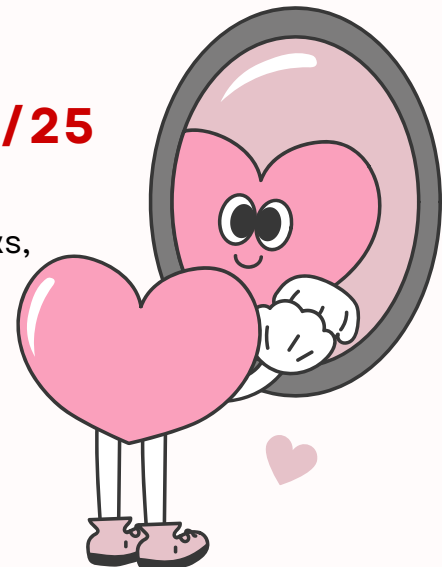
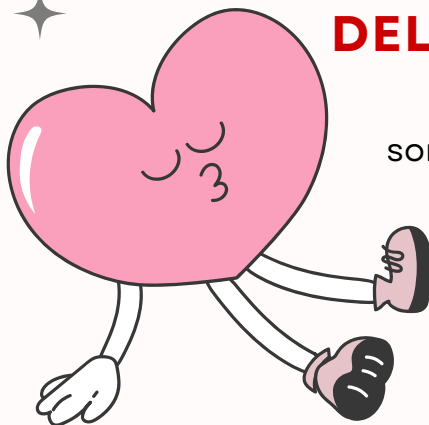
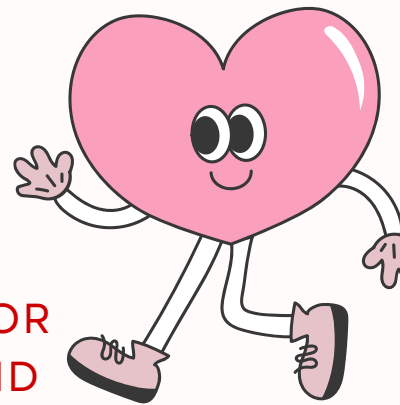
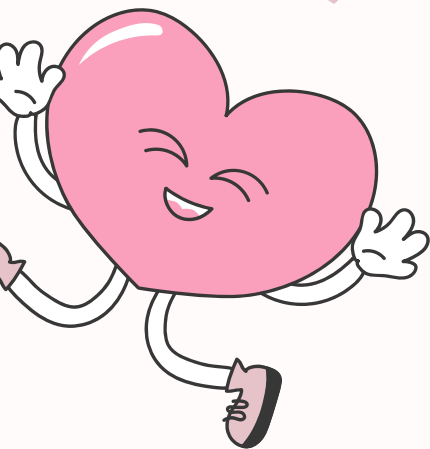
2/3 - 2/13/25

COST PER LOLLIGRAM IS

50 CENTS

**POPS WILL BE
DELIVERED ON FRIDAY 2/14/25**

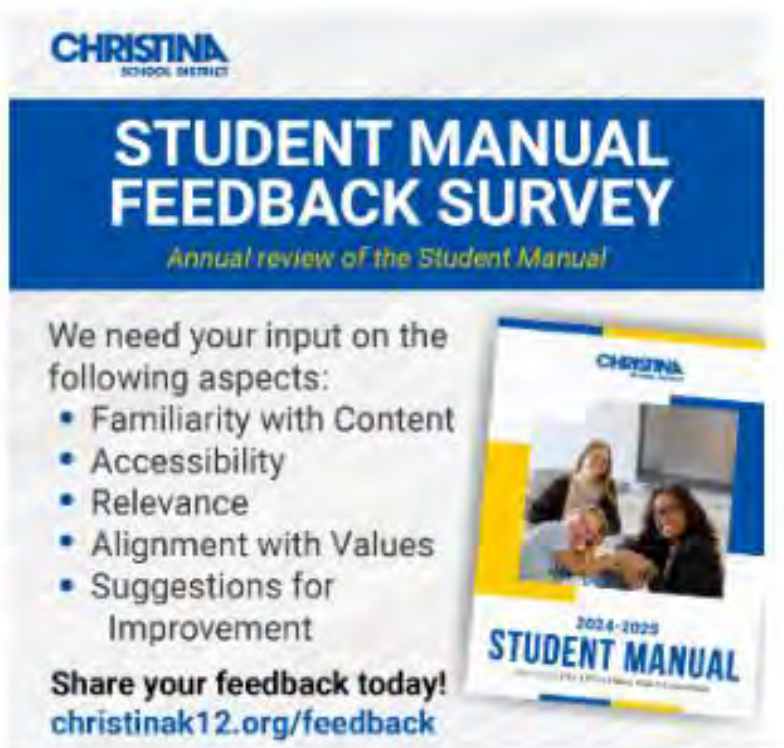
If you would like to send a lolligram to
someone who attends or works at Networks,
PLEASE send in a sealed envelope to
ETCHworks with
your note and EXACT change.



Christina School District Wants YOU to Share Your Feedback for the 2025-2026 Student Manual

We want to hear from you! Please take a moment to share your feedback regarding proposed changes to the 2025-2026 Christina School District Student Manual. Just visit the Christina School District Webpage and click on the link below:

christinak12.org/feedback



CHRISTINA
SCHOOL DISTRICT

STUDENT MANUAL FEEDBACK SURVEY

Annual review of the Student Manual

We need your input on the following aspects:

- Familiarity with Content
- Accessibility
- Relevance
- Alignment with Values
- Suggestions for Improvement

Share your feedback today!
christinak12.org/feedback

CHRISTINA
SCHOOL DISTRICT

2024-2025
STUDENT MANUAL
PROVIDING THE BEST EDUCATION FOR ALL STUDENTS

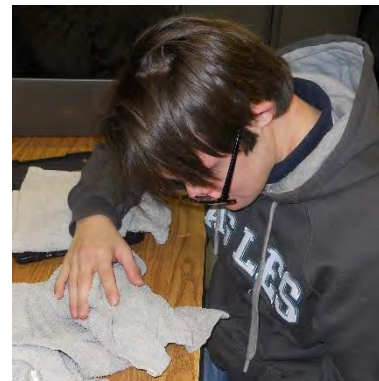
AUTOworks

Our focus this month in AUTOworks has been “Living On Your Own”. Fresh back from Winter Break, our students are energized and ready to learn. We have been working on cleaning car interiors and the Networks Vans.

AUTOworks students were introduced to what it entails to live on their own if they choose to upon exiting Networks.

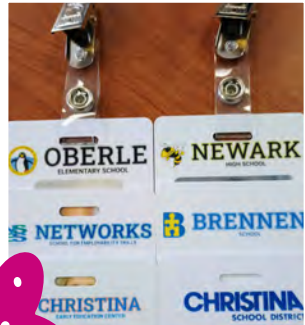
Students learned about:

- the types of housing available to them
- where to find those places available and determining if it is close to work and/or school
- how they may have to pay bills which may be something they need to consider for the first time
- the importance of understanding a calendar
- the importance of making and maintaining a budget.



BITWORKS NEWS

BITWORKS SERVICE TO THE DISTRICT



ID badges for faculty and staff throughout the Christina School District as well as for local companies are designed, printed, and packaged for delivery by BITworks students.

LESSON TOPICS

Nearpod:

Lessons have focused on proper hygiene as well as phone etiquette, how to answer business phones and take accurate messages.

Move This World:

MTW lessons have been about how to handle conflict and build resilience.

MONTHLY HIGHLIGHTS

In the Classroom

New activities in January focused on practical life skills like reading and understanding utility bills, restaurant menus and recipes.



At Training Sites

We are working on students having greater independence and needing fewer prompts to complete tasks at our weekly worksites.



At the School Store

In addition to operating the regular School Store, students helped package and put away all of the Holiday Shop & Winterfest items.



CONTACT INFORMATION

Email Addresses:

Colleen.Naccarato@christina.k12.de.us
Jason.Lomas@christina.k12.de.us

Networks Phone:

(302) 454-2233

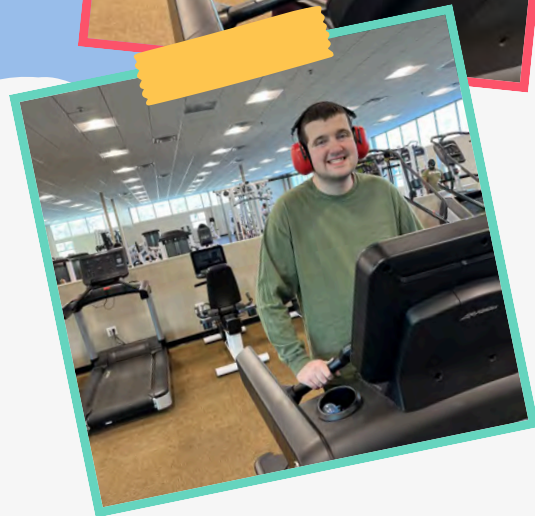
REMINDER

Professional Dress days are excellent ways for your student to earn additional PLUSes. Please encourage them to "dress to impress" on February 12th or 13th.

BRENNENWORKS

Focus on Fitness

Recently, we have been focusing on fitness! Our class has been going to the YMCA and working out with the Brennen Adaptive (PE) Physical Education Staff. We have learned to use some equipment at the Y. These new skills will help us improve our health and give us important rec/leisure options as we move into post 22 life!



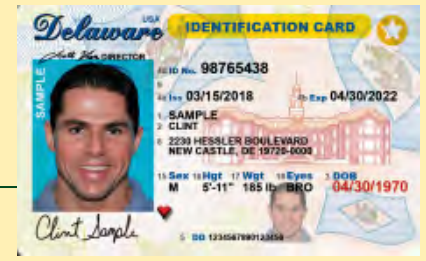
Looking Good!





CO-OP

NEWSLETTER



January 2025

State ID

A State Identification Card or "State ID" is an important asset for your student. State ID cards make it easier for students to obtain bank accounts, go through the intake process when getting hired and countless other benefits. With the correct items and documentation, Networks can assist with getting students 18 and older a State ID. If you are interested in the COOP department assisting in obtaining a state ID for your student, please contact the COOP department.

302-454-2233 X 124

Adrienne Bane

adrienne.bane@christina.k12.de.us

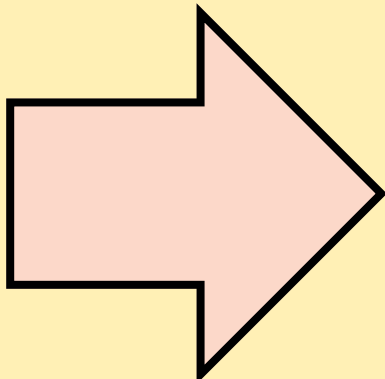
Meredith England

meredith.england@christina.k12.de.us

Jim Lenihan

james.lenihan@christina.k12.de.us

Need help with locating these items? Reach out, we can help!



What's Needed for a State ID?

- Proof of Identity
- Social Security Number
- Proof of Residency
- \$40.00

Proof of Identity- one of the following

- Birth Certificate (with raised seal)
- Passport
- School Document (IEP)

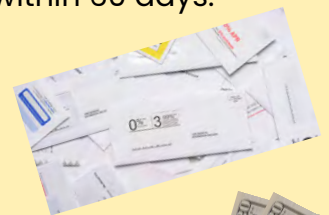
Social Security Number- one of the following

- Social Security Card (original)
- Original document from SSA (Social Security Administration) that includes student's full social security number.



Proof of Residency-2 items with student name and address

- Mail addressed to student. (No personal letters from family and friends) Mail must be within 60 days.
- Junk Mail
- Bank records
- Employment records
- Insurance policies
- Voter registration

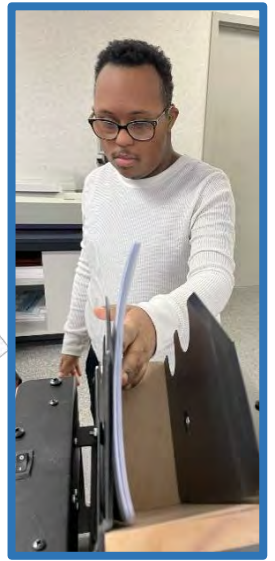
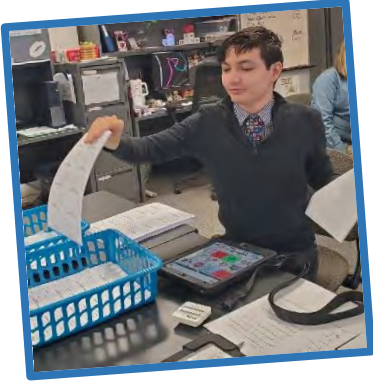


Fee

- To obtain a state ID, there is a \$40 fee. The ID will last 8 years past the next birthday of your student.



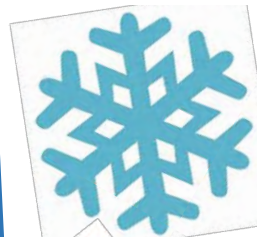
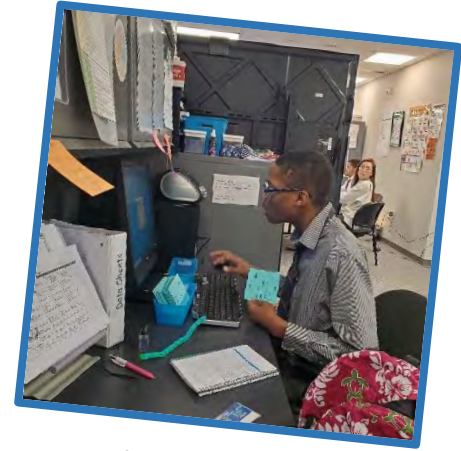
COPYworks

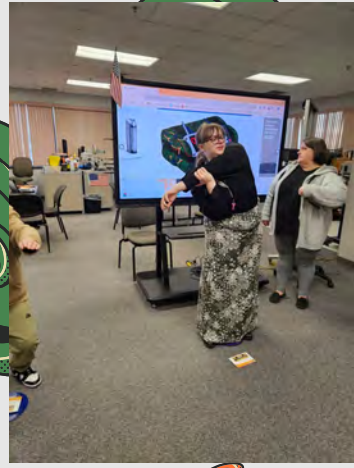
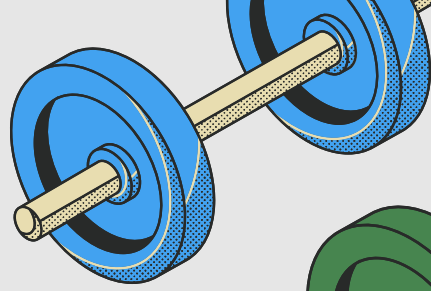


January was another month with many orders to process.

Students have been fulfilling orders for calendars, booklets, envelope printing and so much more.

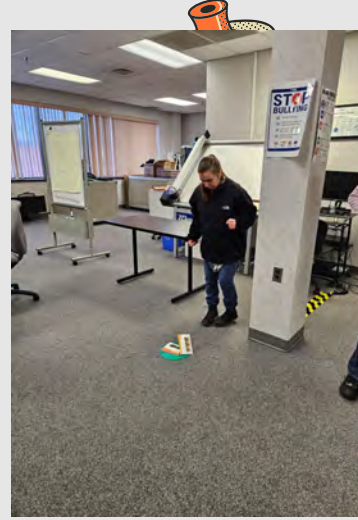
COPYworks students are working on tasks to improve their accuracy and increase pace.



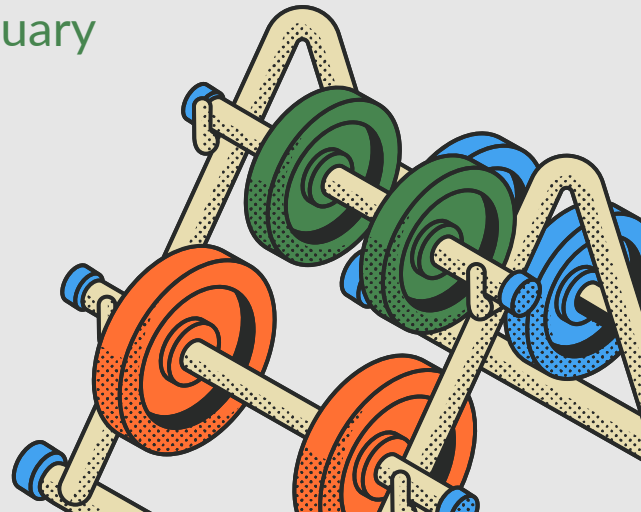
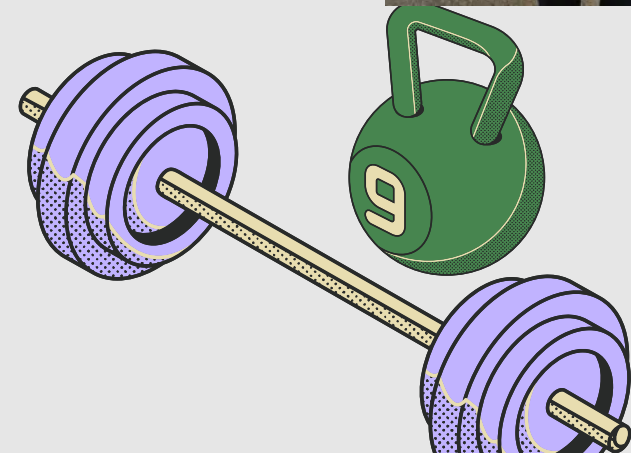
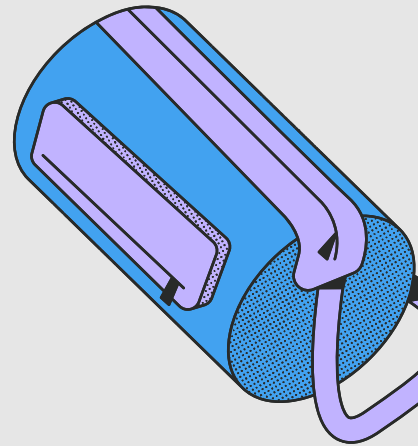


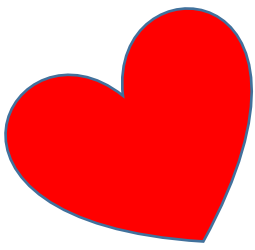
ETCHWORKS GETS FIT

In January, ETCHworks, along with FABRICworks has started a fitness program called Fit 5. The program from Special Olympics provides resources meant to help foster healthy habits. Every Wednesday the class participates in the fitness program. Ask our students about it!



Congratulations to Katrianna W. for being selected as ETCHworks Stand Out Student for the month of January





FABRICworks

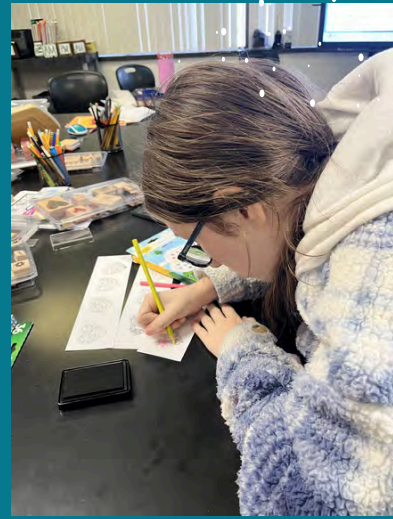


Roses are red,
Violets are blue,
We're rocking Valentine's Day,
How about you??

Yes, in FABRICworks we've been busy satisfying customer orders. We have over 60 orders for sweatshirts personalized for sweethearts. The proceeds raised will go towards our own Special Olympics team's Polar Bear Plunge.



FLORALWORKS



As we begin the New Year, our students will be learning how to work more independently. They have been practicing and learning several skills here in FLORALworks. Now the fun begins!

Here you will find students designing and prepping flowers on their own. They have been given the skills and have learned how to advocate for their needs and support.

We are off to a great New Year!

MERCHANTworks

In Our Classroom...

With winterbreak behind us, MERCHANTworks is now back to our regular schedule. We have been practicing phone skills in class by role-playing different phone scenarios such as answering customer calls, leaving voicemails, and taking messages. Students focused on proper greetings, active listening, clear communication, and professional tone of voice. In addition, students learned how to make an emergency phone call if needed, how to access contacts, and phone etiquette in general. We continue to sort, hang, fold and stock merchandise on a daily basis.



At Our Sites...

Students have been keeping busy at our various vocational worksites. At Walgreens, we have been helping unpack large bins upon delivery from vendors. Students are putting their Merchantworks skills to work at JOANN Fabric and Crafts store and Goodwill by doing both store recovery and stocking.



Please feel free to reach out to the Merchantworks team @302-454-2233 ext 113 should you wish to contact us.

Munchworks...playing with our food

In Munchworks we're always trying to find new ways to use ingredients that we have in abundance or may be close to the "use by" date.

This month **Dried Cranberries** was that ingredient.



To use the six plus pounds of dried cranberries, we found recipes for salads, side dishes, breads, and scones just to name a few. One of the recipes called for cranberry juice, which we did not have.



So...we made cranberry juice using fresh cranberries that we had in the refrigerator; canned cranberry sauce; and of course, dried cranberries.



These are pictures of us sampling the three homemade cranberry juices.



We smelled, looked closely at and tasted each one then voted on which one we liked best.



TEAMworks

This month in TEAMworks, we have been working on orders for various customers. One of the orders was for our Special Olympics team. We helped design and print the 2nd Annual Networks Polar Bear Plunge T-shirts.



TRADEworks



TRADEworks students continue to work in the community completing housekeeping/ custodial jobs at various sites. During classroom activities, our focus has been on etiquette, both in person and on the phone. Students have been practicing their skills answering the phone and leaving and taking messages. We also have been talking about personal hygiene, doing laundry and keeping our house clean. Students have been identifying items that they can use for personal hygiene, as well as products/scents that they like or dislike. Classroom discussions have included laundry, keeping your room neat and tidy and how to help out around the house. We continue to emphasize self-care, including breathing and calming techniques with a focus on identifying things that cause stress and what we can do to help reduce the stress.



Vocational Arts

Although January is one of the months with 31 days, our school calendar has made seem like a very short but exciting month in Voc Arts! We put in two Donor's Choose projects in the fall and the items arrived when we returned from winter break. We have spent our fitness times engaging with new equipment. We also had our first walking outing to the Christiana Mall this month and the students seemed to enjoy walking the mall getting exercise.

In the classroom, we've introduced new sensory, visual, auditory, and tactile items. Students enjoyed lots of hands-on opportunities with our new items. There are two **NEW** Donor's Choose projects in the works (See Links) if you would like to donate or pass along to others who may want to contribute. Thanks in advance!

<https://www.donorschoose.org/project/vocational-vending/9041975/>

<https://www.donorschoose.org/project/life-skills-in-the-kitchen/9009111/>

Voc Arts gave a special thanks and farewell to one of our Shue-Medill nurses, Ms. Lori, who is now the lead nurse at Jones Elementary. FLORALworks students joined our students in presenting her with a beautiful flower arrangement, balloons and a card. She loved it!





Recycleworks/Woodworks



Congratulations to our “supervisors” who assisted other students using jigsaws and taking apart pallets.

The students used modeling, communication skills and positive feedback to teach other students. They have become role models in the woodshop.

Congrats

**Tramaine, Asher,
Daniel, Bowen, Alex &
Brian!**



Self Care

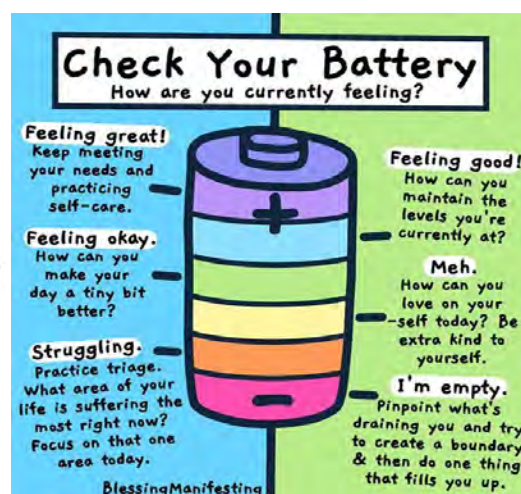
Self care means that you are simply being mindful of your own needs, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others. Self-care comes in a variety of forms

When we practice self-care, we encourage positive feelings. Those positive feelings help us to build on our self-esteem and strengthen our feelings of self-worth. Rather than continuing to give ourselves to others (our jobs, families, communities, etc.), we're taking time to give back to ourselves. This ensures that we are not "pouring from an empty cup", but instead taking time to refill that cup. When we practice self-care we're not only helping ourselves, we're making sure that we're better able to help others, while setting a strong example for those around us, encouraging them to focus on their own self-care.

Self-care is a form of setting boundaries to promote our own self-worth. To be our best selves we must take time to do whatever it is that makes us feel good. Just as you show kindness and compassion toward others, take time to show kindness and compassion toward the most important person in your life...you!

What do I do for self-care?

-  Get plenty of sleep
-  Enjoy sunshine
-  Cook
-  Write or draw (think out loud)
-  Talk to myself
-  Cuddle cats
-  Walk or bike (esp in a park)
-  Tidy
-  Read
-  Read about people whose lives are more complicated
-  Garden
-  Get a hug
-  Talk to select people



SELF-CARE TODAY

I feel...	I need to...
Overwhelm	Take a step back
Stressed	Focus on relaxing
Anxious	Practice a coping skill
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Practice self-compassion
Upset	Take time for myself
Alone	Reach out for support

More self-care @BlessingManifesting