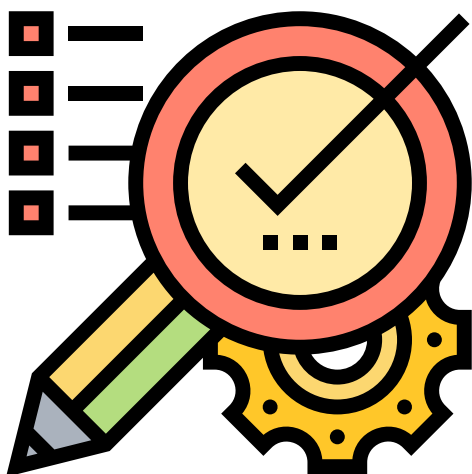




SPARTAN SELF-CARE CORNER

PRACTICAL



SELF-CARE

Keeping up with necessary tasks to prevent future stressful situations.



Think of a task that you've been putting off that can be completed this week to ease some stress.

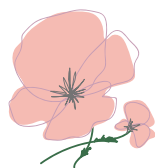
Let's ditch the To-Do Lists!

Ok, don't ditch them altogether, but make more of an effort to highlight your accomplishments for the day.

TA-DA! You probably accomplished more than you're giving yourself credit for. Try creating a **TA-DA list** on days when you feel like you didn't check much off your To-Do list.

Try **this** Ta-Da list or create your own!

DONE DIDDLY DONE!	NICE WORK ME!	YEAH YOU DID!
This Week	This Year	This Life
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>



A little progress each day adds up to big results.

Examples of Practical Self-Care

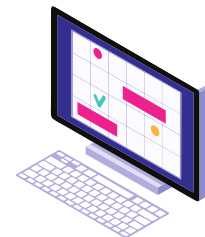
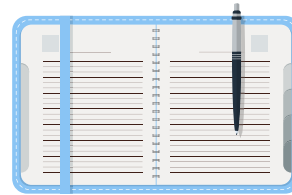
Organize your workspace



Create a Ta-Da! List



Keep all of your calendars up to date.



Helpful Links

1. Weekly Meal Planners: (Vertical **Template**), (Horizontal **Template**)
2. Mood Tracker **Template**
3. This **website** provides a variety of printables to help with getting organized and completing tasks.