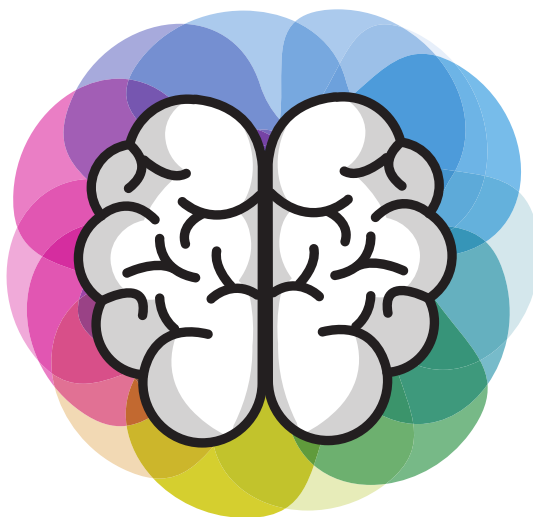




SPARTAN SELF-CARE CORNER

MENTAL



SELF-CARE

Stimulate your brain with puzzles, reading
and problem solving.

thecounselingteacher.com

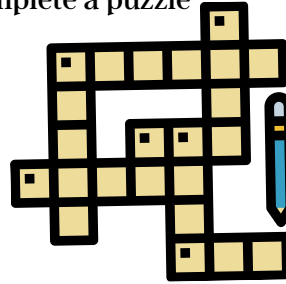


Think of a positive thought to replace a negative thought that might be lingering in your mind.

Examples of Mental Self-Care

It can seem difficult, and maybe even impossible to give yourself a much-needed mental break when life gets busy but now more than ever it is essential for your well-being that you schedule even just 30 minutes each day to care for your mental health. Take a step back, and recharge your mind because **YOU DESERVE IT!**

Complete a puzzle



Read a (non-work related) book



Listen to a Podcast



Declutter and Reorganize

Need a break now?
Play this **game!**



Quick, Draw!

Can a neural network learn to recognize doodles? See how well it does with your drawings and help teach it, just by playing.

Things to Do:

Answer **survey** so I can get to know you and be entered in a raffle.

Challenge yourself to complete one of the tasks listed above.



Give yourself the same care and attention that you give to others and watch yourself bloom.