

# FINDING TIME FOR SELF-CARE

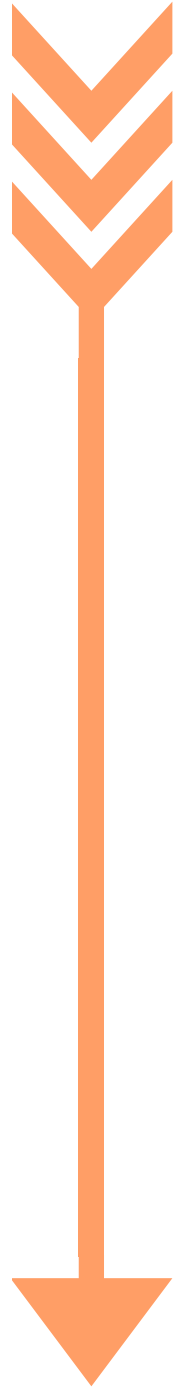
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## INSTEAD OF

- reading "stuff" on my phone
- texting
- browsing on Social Media
- watching tv
- in my car
- tidying other people stuff
- losing time on recurrent chores

- not getting help from my family

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## I SHOULD

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- I could schedule

- what they can do

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TAKING CARE OF MYSELF IS MY PRIORITY!