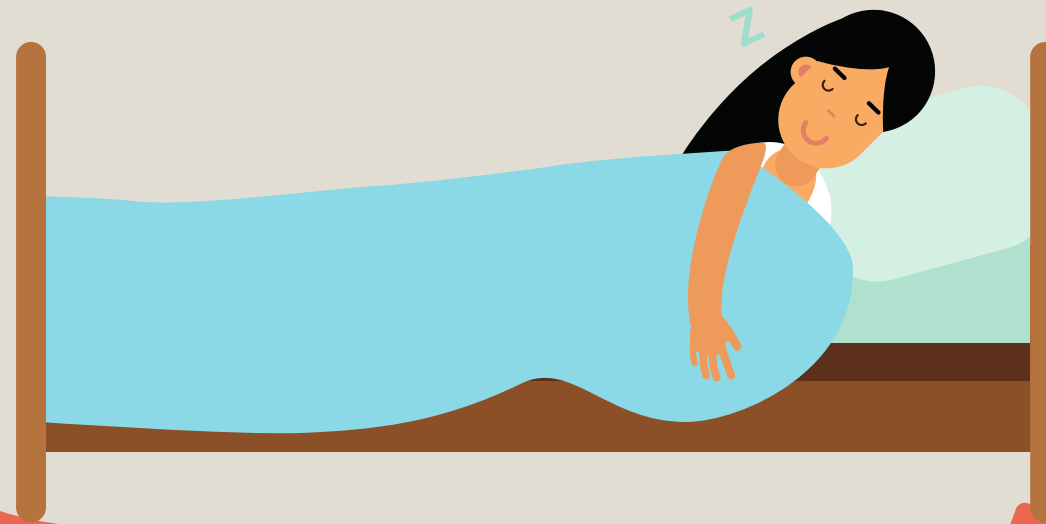


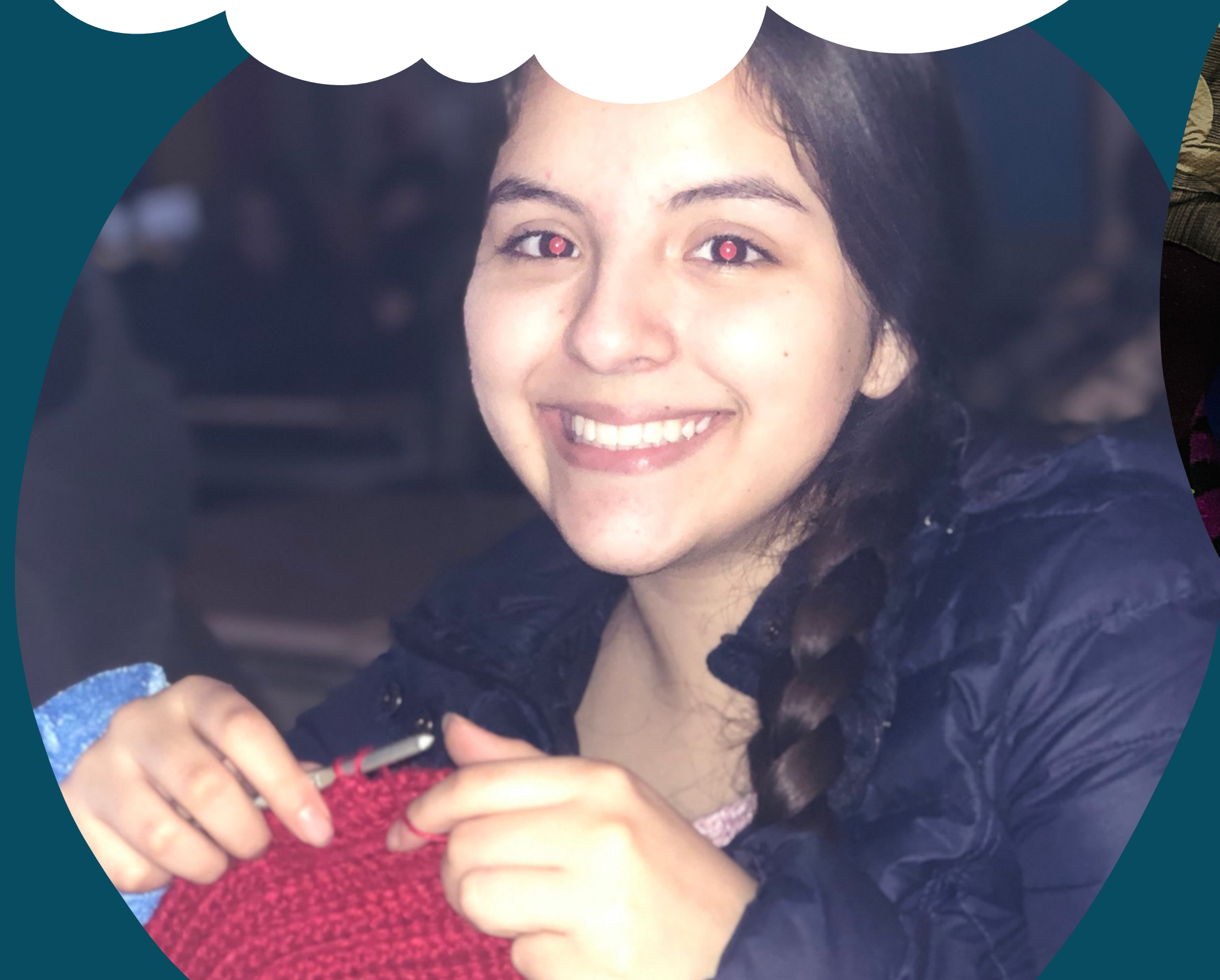
What is self-care
and self-love?



What CAN Self-care look like?



STUDENT SELF-CARE



STUDENT SELF-CARE CONT'D



Why should I
practice self-care?



Positive Self-care can contribute to...



TYPES OF SELF CARE

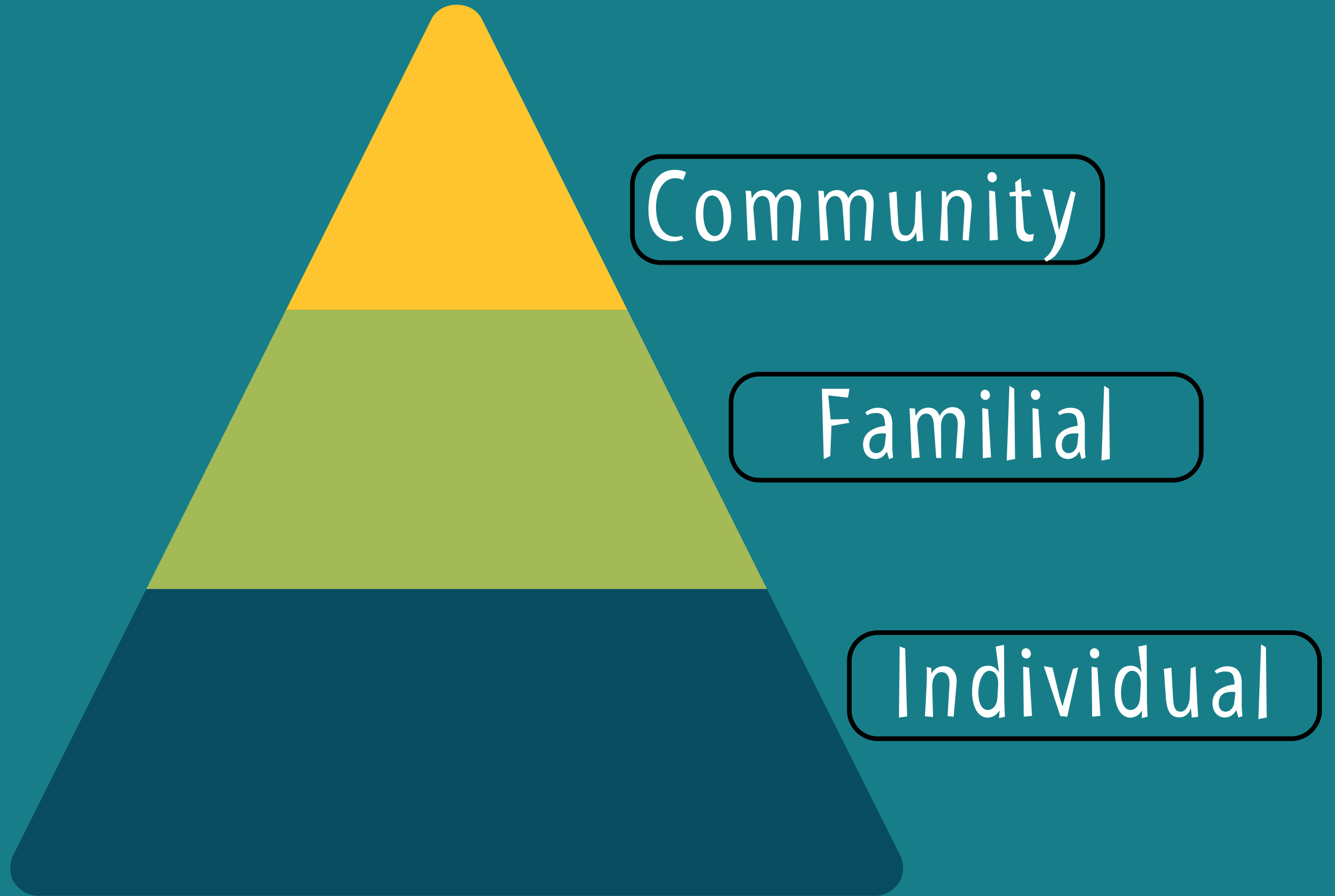
MAINTENANCE

SELF
EXPANSION

ESCAPISM



LEVELS OF SELF-CARE



HOW SELF-CARE BUILDS SELF LOVE



SELF-CARE

FAMILY CARE

**COMMUNITY
CARE**

SELF-LOVE

**SELF-
ACTUALIZATION**

SELF-WORTH

SELF-ESTEEM



Questions?

Resources!

Hotlines

Clark County Crisis

360-696-9560

Clark County Teen Talk

360-397-2428

The Perch

360-314-5719

National Crisis Line

1-800-273-8255

Trevor Project (LGBTQ+ youth crisis line)

1-866-488-7386

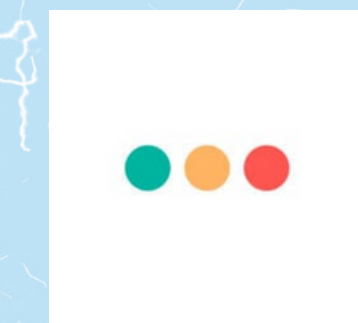
Apps



Pacifica



Calm



Moods

Headspace



WoeBot

