Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

STAYIN' HAPPY
- Smile at others
- Keepin' Fit
- Keepin' Clean
- Brush my teeth each night
- Wash my hands before eating
- Drink more water
- Don't tell my friends' secrets

I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL:
Think about the three circles in the self-care medallion. What are three ways you can practice self-care in each category of the medallion?

I WILL KNOW I AM PRACTICING SELF-CARE BECAUSE I WILL FEEL: