

SIGNS AND STRATEGIES FOR **SELF-CARE**

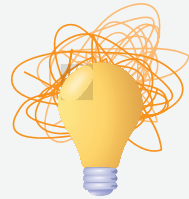
SIGNS YOU ARE IN NEED OF SELF-CARE



EXPERIENCING
INCONSISTENT
SLEEP



LACK OF ENERGY,
MOTIVATION OR
EXCITEMENT



FINDING IT
DIFFICULT TO
FOCUS

FEELINGS OF
IMPOSTER
SYNDROME

MORE IRRITABILITY &
EMOTIONAL
REACTIVENESS

BODY FEELS
STRESSED
OR HEAVY

STRATEGIES FOR SELF-CARE



SET A DAILY
ROUTINE



IDENTIFY A
SUPPORT SYSTEM &
STAY CONNECTED



TAKE TIME FOR
YOURSELF

MAINTAIN A
HEALTHY DIET

PRACTICE
GRATITUDE

REGULAR EXERCISE
& SLEEP HABITS

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*Not intended to be a substitute for professional medical advice, diagnosis, or treatment.
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