

## FUN ACTIVITY

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## SHOP & STOCK

Pantry & Essentials

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Toiletries Family

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Personal

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## A GOOD CLEAN

Pick a couple places to organize or do a deep clean.

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# BACK TO SCHOOL

PLANNING FOR SUCCESS FOR WHEN YOU'RE TOO TIRED TO FUNCTION.  
PLAN & PREP SELF CARE

## PHYSICAL SELF CARE

1.

2.

3.

## MENTAL SELF CARE

1.

2.

3.

## SOCIAL SELF CARE

1.

2.

3.

Freezer Meals

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## EASY MEAL PREP

Bag and Go Meals

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