

# Self-Care

## CHECK-IN

- ☐ Pray Daily
- ☐ Awareness of your breath
- ☐ Practice self-compassion
- ☐ Ignation Examen
- ☐ Seasonal Reflection/Goals
- ☐ Join the Zoom call today at 1:00 p.m.
- ☐ Read scripture
- ☐ Call a friend
- ☐ Catch up with a friend
- ☐ Contact a family member

Make it a practice and take care of yourself!