Social Wellbeing

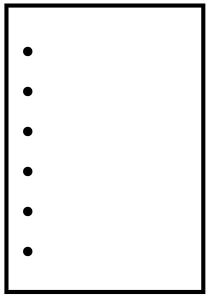
Emotional Wellbeing

Mental Wellbeing

Physical Wellbeing

Write a Positive Affirmation

Create a
To Do List







special thanks to:

 Cynthia Medina,PhD

 for the self-care resource guide reference.
 and

 The Arts Council for Long Beach

© 2020 José M. Loza

A Guide for **Self-Care**



#artslb

name: