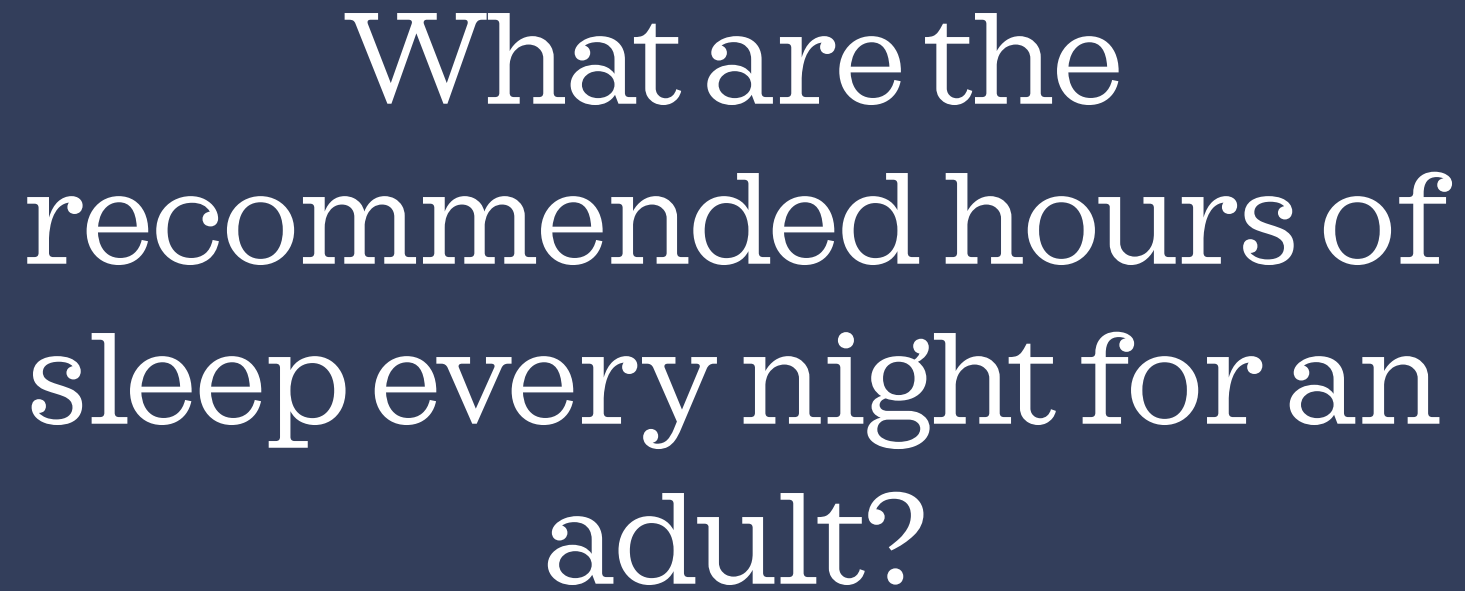




Self-Care Trivia

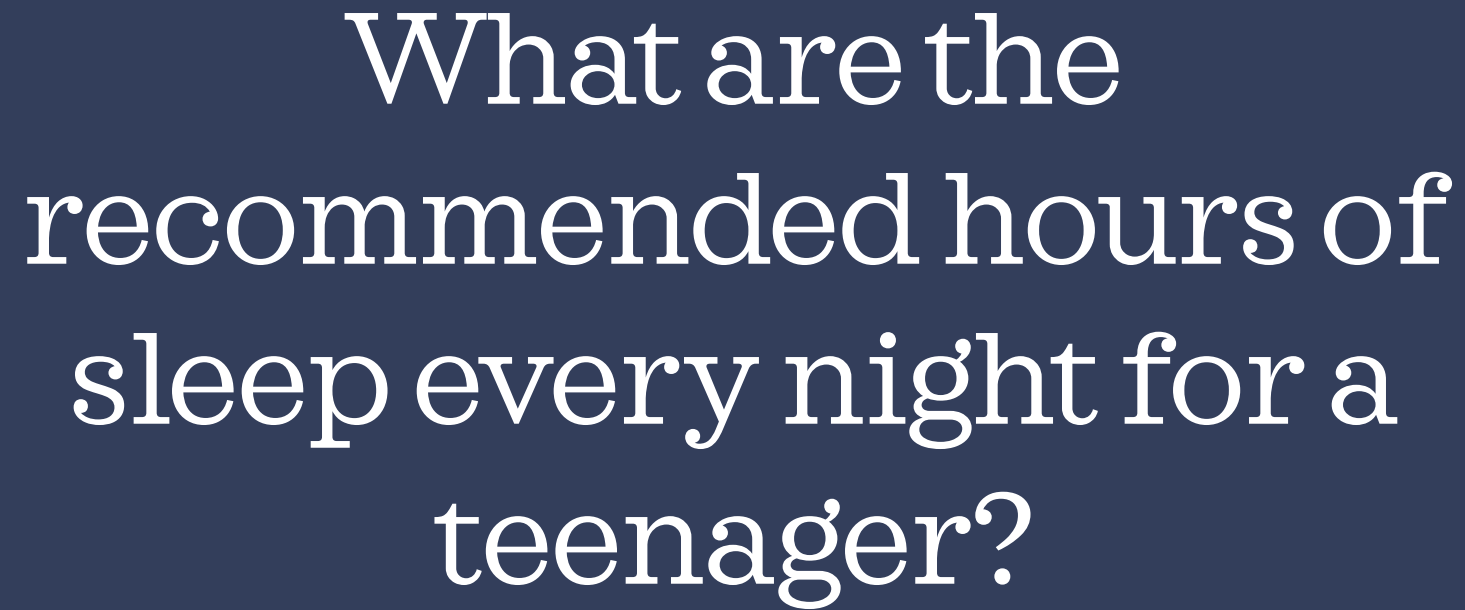
KCC support group



What are the
recommended hours of
sleep every night for an
adult?



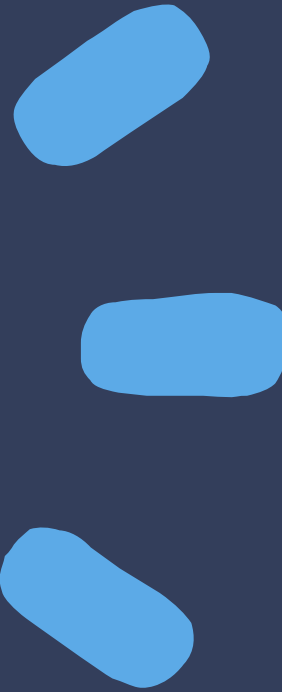
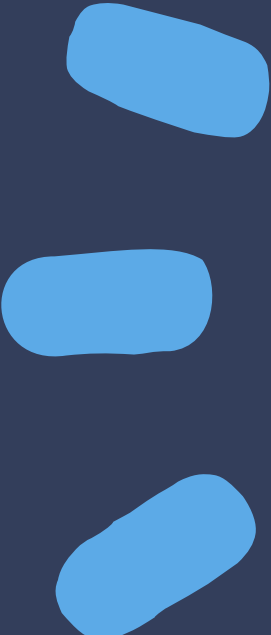
7 or more hours



What are the
recommended hours of
sleep every night for a
teenager?



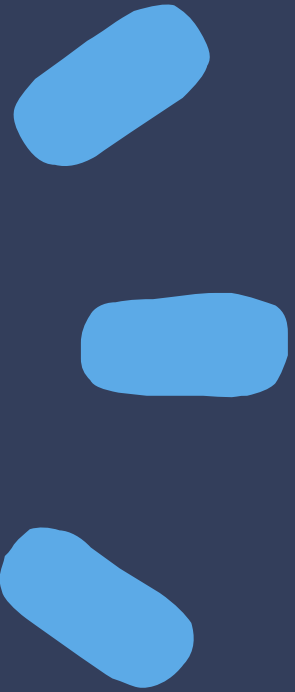
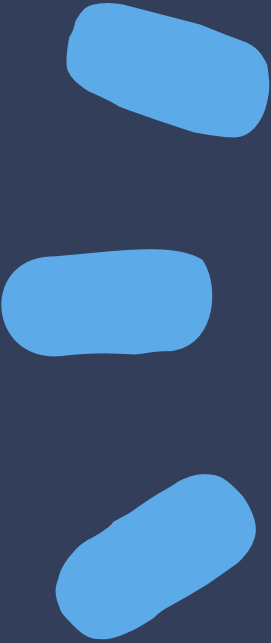
8 – 10 hours



What are the
recommended hours of
sleep every night for a
school aged child?

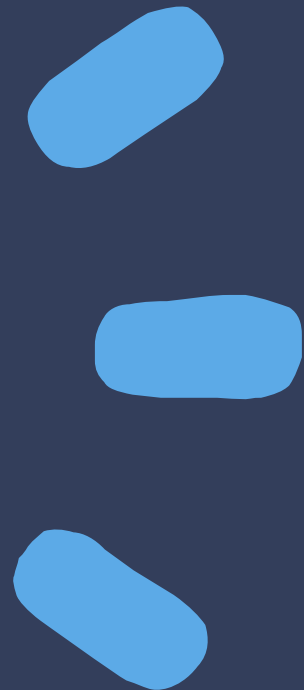


9 – 12 hours



How many cups of
water are
recommended to drink
per day?

8 glasses

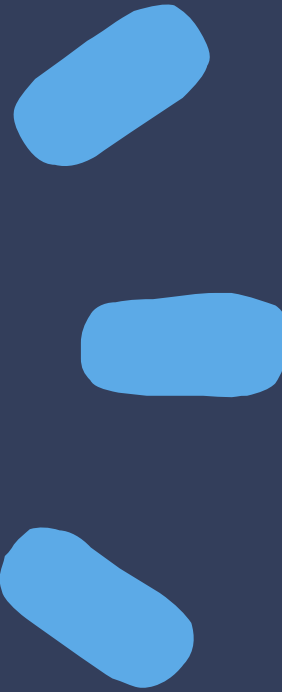
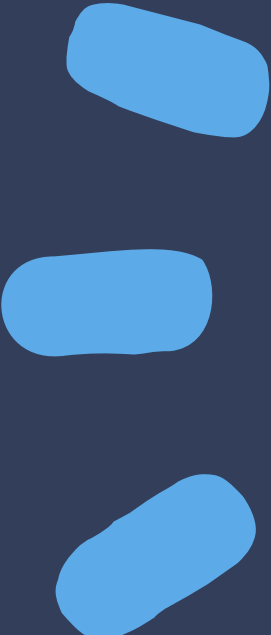




How many minutes
of exercise per day?



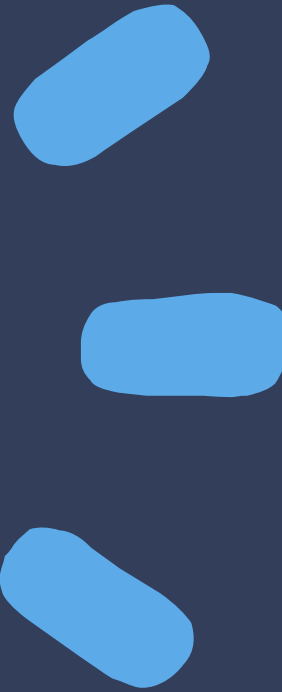
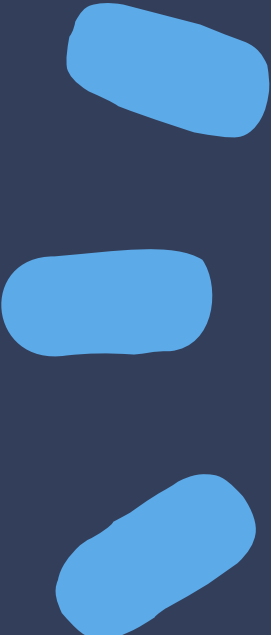
30 minutes



How much time before
bed should you put
down your phone?




30 minutes



What are positive phrases or statements used to challenge and eliminate negative or unhelpful thoughts that would hold one back?



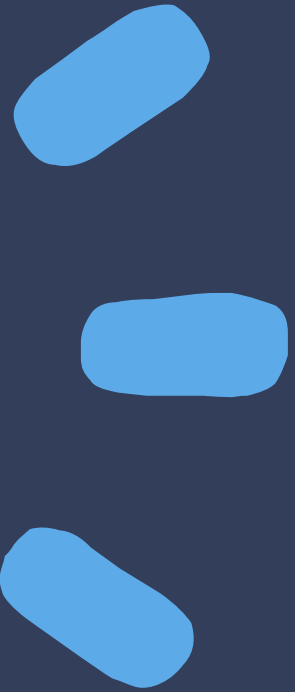
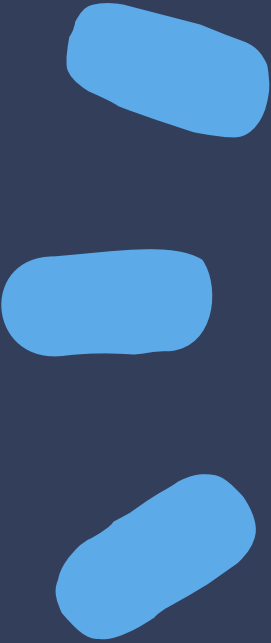
positive-
affirmations



I let go of what I
can't change and
**do my best with
what I can.**



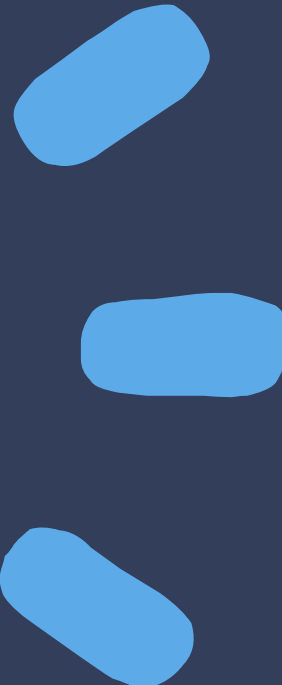
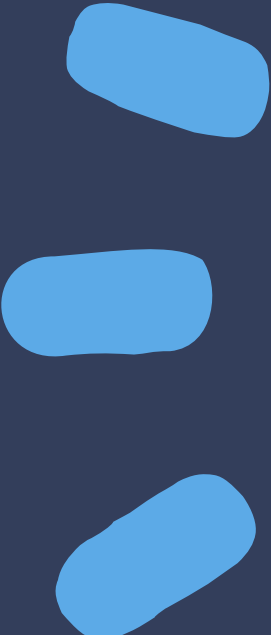
Write down a
positive affirmation
for yourself.



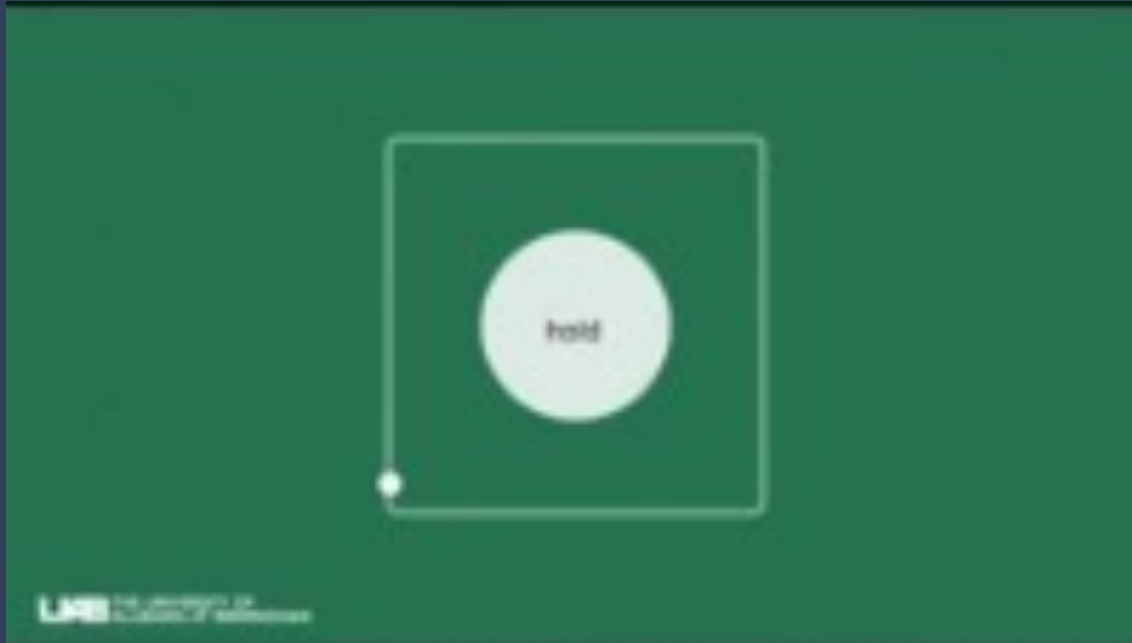
What is your ideal
way to start your
morning?



List 3 things that
help you relax
after a long day.



What is box
breathing?



https://www.youtube.com/watch?v=bF_1ZiFta-E&feature=emb_logo&ab_channel=UABStudentAffairs



What is your favorite
form of exercise?



https://www.youtube.com/watch?v=6fnLKyRJrs&feature=emb_logo



What is one goal you
have for your own
self-care?



Extra credit: What
does occupational
therapy do?