

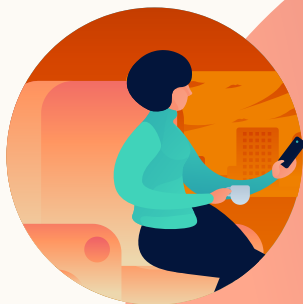
# Time to Unplug

Boss Chicks'  
Guide to Self-  
Care



# Turn off the news

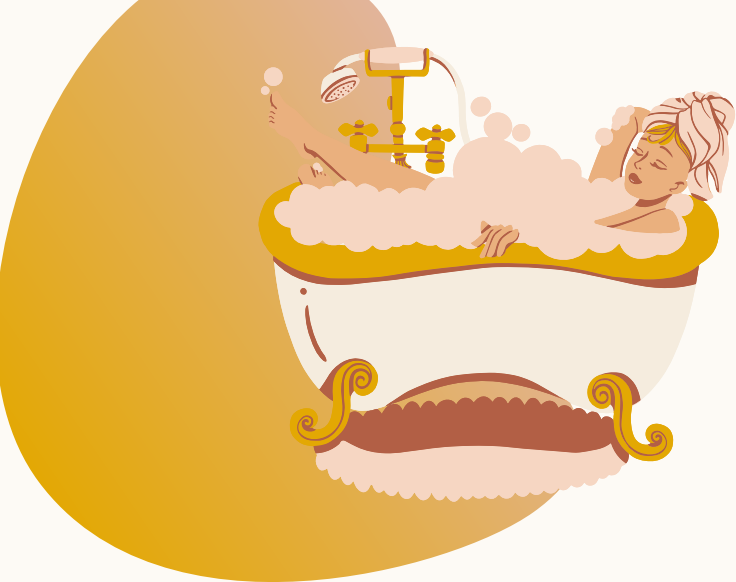
After more than a year of life with COVID-19 & and the continuous social unrest from police killings, its important to step away from the news and television during the week. Avoid watching/re-watching potentially traumatic events on repeat.



# You've got one body - Take care of it

Meditate, eat balanced meals, learn yoga, and find creative ways to stay active, healthy and safe.





## Take some #MeTime

Doing something just for you should be a part of your mental wellness. Unwinding in a hot bubble bath is a great way to get some **#selfcare**



# Connect with your #squad

Check in and talk with friends and family about how everyone is really doing & ways you can support one another.



# We want to hear from you

Visit us on the web at

[www.fromthebottomupfoundation.org](http://www.fromthebottomupfoundation.org)

to find more resources and learn more