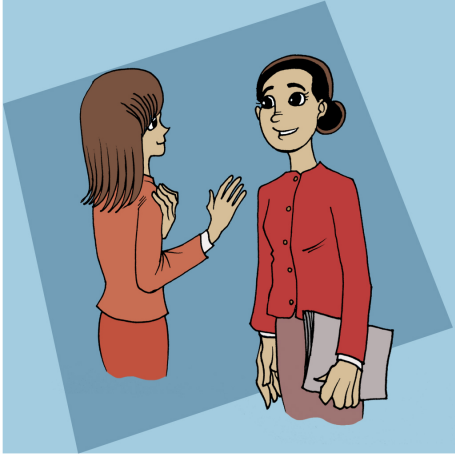


TAKE CARE OF YOURSELF



TALK ABOUT
YOUR FEELINGS



PRACTICE RELAXATION
AND MEDITATION



REMEMBER
TO REST



ENGAGE IN COMMUNITY
AND FAMILY ACTIVITIES



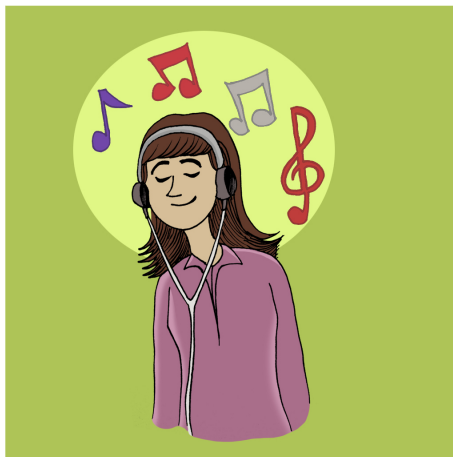
EXERCISE
REGULARLY



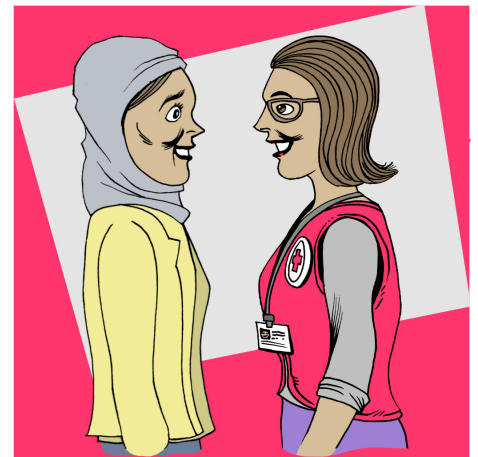
ENJOY THE
OCCASIONS



SPEND TIME WITH
PEOPLE YOU LOVE



LISTEN TO THE MUSIC
THAT YOU LIKE



International Federation
of Red Cross and Red Crescent Societies



Funded by
European Union
Humanitarian Aid