

EDUCATOR *Self Care*

TIP #1

Take a walk or hike to enjoy the quiet of nature.

TIP #2

Try something new or start a new hobby! Check YouTube for how-to videos.

TIP #3

Trade recipes with your friends, coworkers, or neighbors. Check out our AMMS Cookbook to start!

TIP #4

Have a board game tournament with your family.

Host a tournament online!