Keep it balanced

you need to look after yourself to be able to look after others.
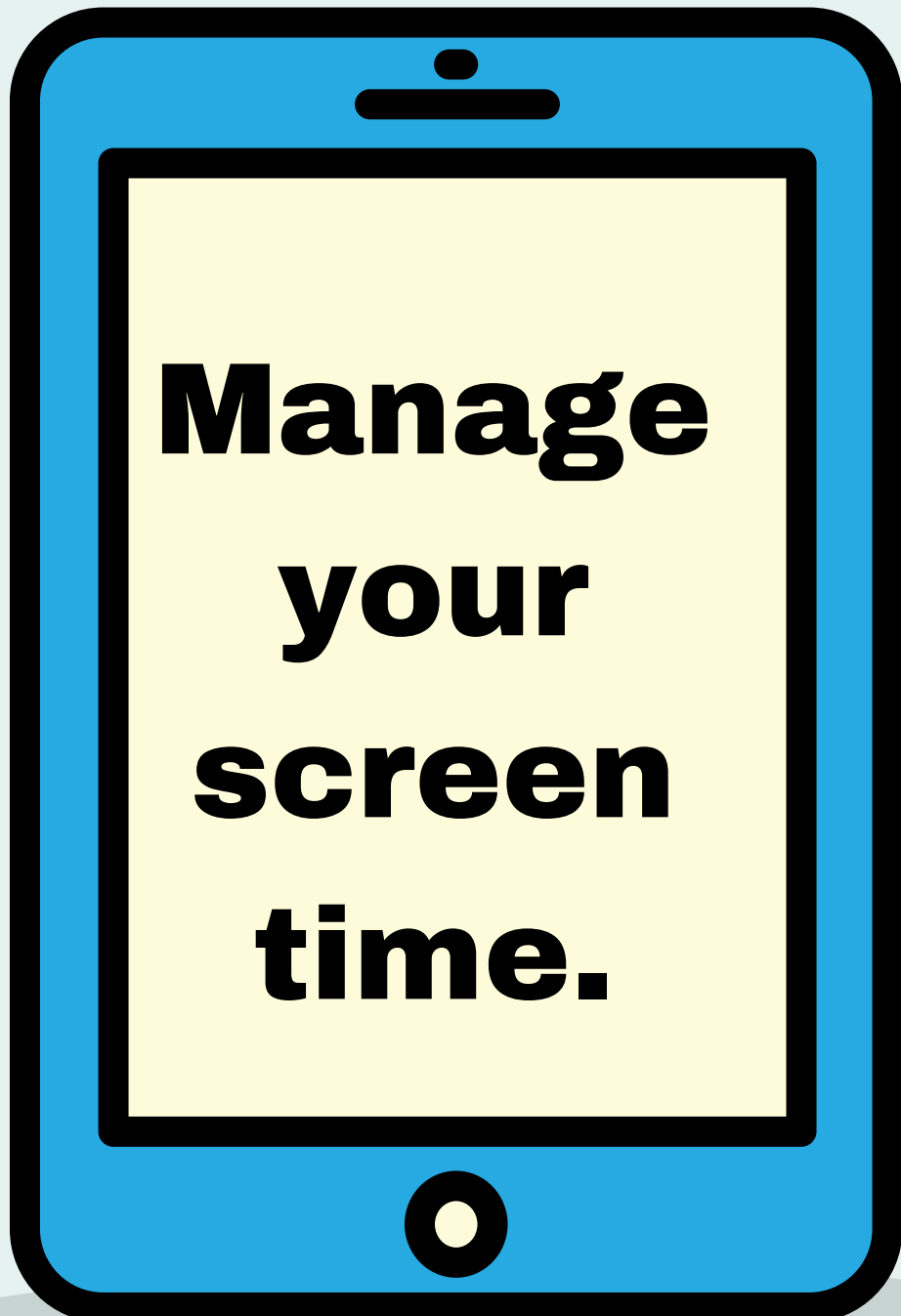
Make sure you take time to get the sleep you need.

Exercise can help you feel better.

Take some time for yourself.

Manage your screen time.