













# Self Care

Self Care is about making small steps for yourself , so that you have a healthy, happy life.



 <b>What I will do</b>	 <b>Who will help?</b>	 <b>When will I do this by?</b>
 <b>Step 1.</b>		
 <b>Step 2.</b>		
 <b>Step 3.</b>		

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For an Easy Read booklet on Self Care, please ask at your Doctors Surgery