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Dr. Despain

Codes 121

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Digital Project #2

Script:

Self-Care Content is doing things like exercising, eating well, getting plenty of sleep, doing routines like morning/night or facial/shower routines to help others in ways that they may need. All these things count as self-care and so do things like listening to your favorite song to lift your spirit, catching up with a friend and taking mental health days when you need it. The concept of self-care is the ability of individuals, families and community to promote health, maintain health, and cope with illness and disability. And doing self-care content for yourself will help improve all these things within and outwardly and not only can it help you, but it will help others around you that may be going through rough times and seeing these type of content videos can be motivational for another.