ARE YOU FEELING OVERWHELMED BY THE INCARCERATION OF YOUR LOVED ONE?



1) KEEP A HEALTHY LIFESTYLE



Have regular meals



Maintain a healthy lifestyle

Get enough rest

2) TAKE CARE OF YOUR EMOTIONS



V It's okay to feel stressed



Make time for yourself



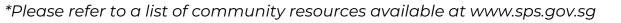
3) STAY CONNECTED



Reach out to family and friends



Seek help if you need*





YOUR WELL-BEING AND MENTAL HEALTH IS EQUALLY IMPORTANT.

PRACTISE REGULAR SELF-CARE TO SUPPORT THE **REHABILIATION JOURNEY OF YOUR INCARCERATED LOVED ONE.**



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PRACTICE SELF-CARE

As much as it is important to support your loved one's rehabilitation, it is also important to take care of yourself.

