What is your favorite way to practice self-care? [1]

- Mindful eating: 7% (19 votes)
- Physical activity: 22% (57 votes)
- Reading a book: 12% (32 votes)
- Sleeping: 42% (107 votes)
- Something else: 16% (42 votes)

Total votes: 257
services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/polls/what-your-favorite-way-practice-self-care

Links