

Self-care

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- [Modeling Glioma Stem Cell-Mediated Tumorigenesis Using Zebrafish Patient-Derived Xenograft Systems](#)
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- [Self-inflicted transorbital intracranial foreign body following ingestion of hallucinogenic psilocybin mushrooms](#)
- [Longitudinal Risk Prediction for Pediatric Glioma with Temporal Deep Learning](#)
- [Ultrasound-Guided Nerve Blocks Improve Success Rate of Closed Reduction of Colles' Fractures: A Randomised Controlled Trial](#)
- [Distinct symptom recoveries based upon highest level of care in patients with sport-related concussion or traumatic brain injury and Glasgow Coma Scale 13-15](#)

Self-care refers to activities and practices that individuals engage in to promote their physical, mental, and emotional [well-being](#). Self-care can be a powerful tool for managing [stress](#), reducing [burnout](#), and improving overall [health](#).

Examples of self-care activities

[Physical self-care](#)

[Emotional self-care](#)

[Social self-care](#)

[Intellectual self-care](#)

[Spiritual self-care](#)

[Professional self-care](#)

It is important to note that self-care activities may differ from person to person, and it may take some time to find the right activities that work best for you. It is also important to prioritize self-care and make it a regular part of your routine to promote overall health and well-being.

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