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

Footer menu

Contact Alice!
- Content Use
- Media Inquiries
- Comments & Corrections

Syndication & Licensing
- Licensing Q&As
- Get Alice! on Your Website
- Full Site Syndication
- Link to Go Ask Alice!

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

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