

needs!
your
communicate
PARTNER,
when with a

2.

3.

The truth is,
it looks
different for
everyone -
* be open *

MASTURBATION
is a scientifically
proven method
of STRESS
relief.

what self-care
looks like for
you:

2
now
yourself.
Prioritize time
for

1.

RESOURCES



For more resources,
find us on
Instagram
@essisbrandeis!

Be kind to
yourself with
these ideas!
self-care includes
your health &
PLEASURE

little zine
of
**SEXUAL
SELF
CARE**