



PETITE²QUEEN[®]

Our Top Tips FOR LIVING ALONE



Be aware of **safety & personal protection.**



Make time to get out and see friends & family -
participate in activities outside the home.



Take the time to **make real meals** for
yourself.



Don't let it go - **keep things clean!**



Meet your neighbors and exchange contact
information.



Pay attention to **maintenance & scheduled
repairs.**



Have a back-up plan. What can go wrong and
how will you manage?



Be cognizant of your needs in an emergency.



Keep on a **regular schedule** as much as
possible.



Stick to a **responsible budget.**

Resources FOR CONSIDERATION

<https://www.bustle.com/articles/161536-13-tips-for-living-alone-for-the-first-time-making-the-most-of-your-independence>

<https://greatist.com/health/healthy-single-serving-meals>
<https://reolink.com/safety-tips-for-single-women-living-alone/>