



PETITE<sup>2</sup>QUEEN<sup>®</sup>

# 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/>