

SELF-CARE TIP SHEET

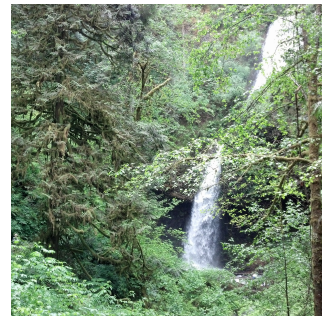
Energy cannot be created or destroyed. Take care of yourself to increase your personal power and live a full life!

Got 2 Minutes?

- * Step outside for a breath of fresh air
- * Drink some water or tea with fresh lemon
- * Stare at the wall and think of nothing
- * Think of a memory that makes you laugh
- * Stretch
- * Kiss someone
- * Pet your dog or cat
- * Check in with your senses
- * Think of three things to be thankful for
- * Walk up and down the stairs
- * Take three deep breaths



Even a couple of seconds can make an impact if you're purposeful!



Got 20 Minutes?

- * Work out, take a walk, or do yoga on your lunch break
- * Play with one of your kids' toys (with or without them)
- * Take the scenic route to work
- * Plan a surprise for a family member
- * Watch the sunset
- * Read an article just for fun
- * Color, draw, or doodle
- * Take a nap
- * Do a crossword puzzle
- * Call a friend
- * Take a bubble bath



You are your most valuable resource.
INVEST IN YOURSELF.