

IT'S TIME TO TAKE A SELFIE

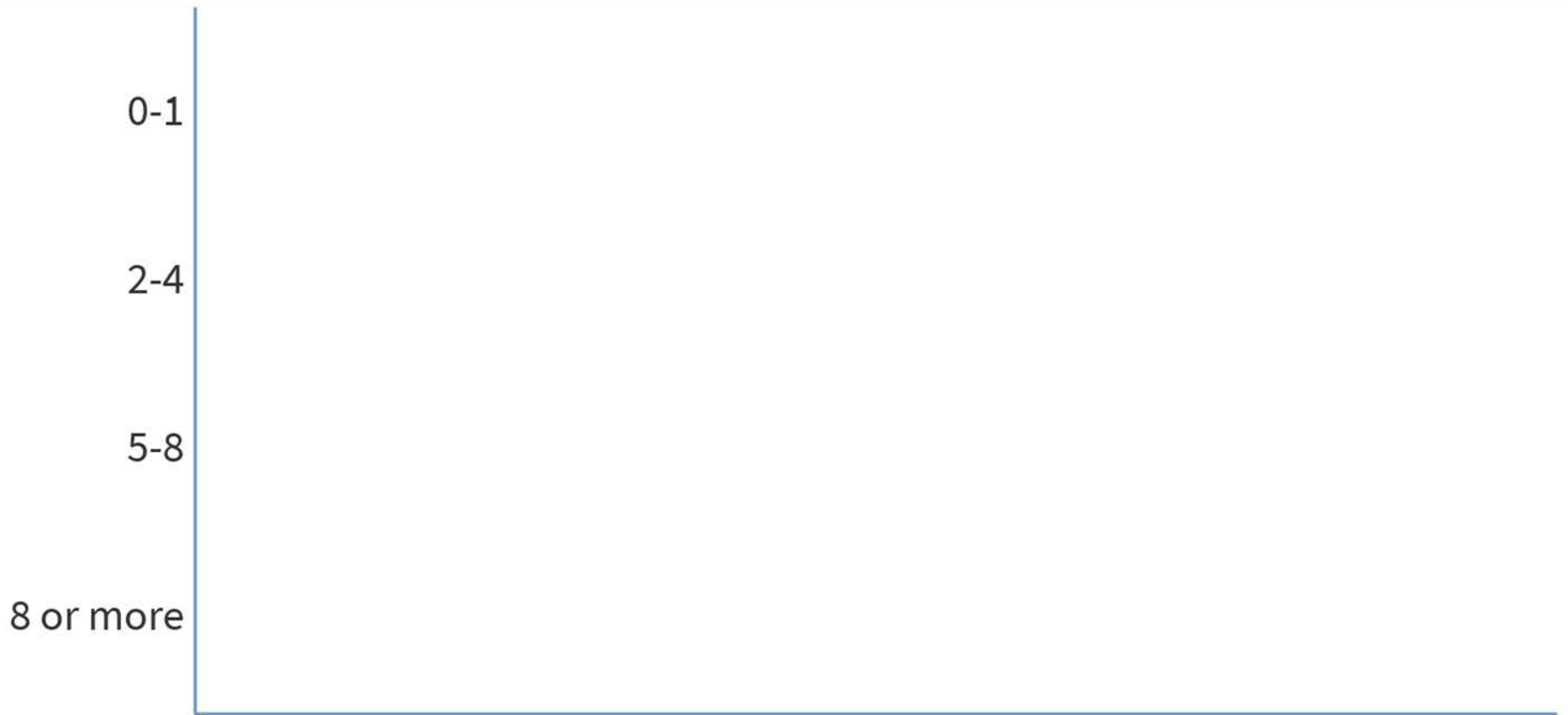


A Guide to
Self-Care



What does self-care mean to you?

How many hours a week do you practice self-care?



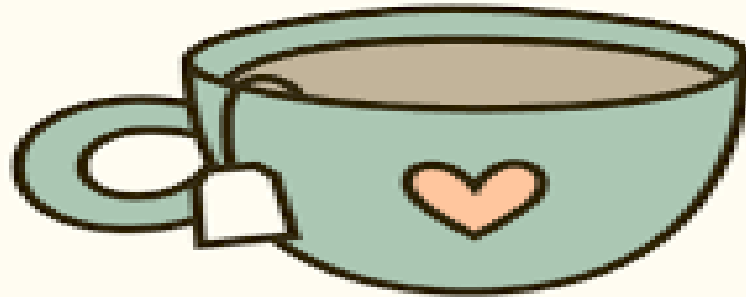
What does it mean to be positive?

We would like for you to take the sheet of paper and write a letter to yourself that you need to read and refocus your actions and thoughts when you are having a rough day.

The dictionary defines being positive in many ways. The one most suited to our discussion is *a good, affirmative, or constructive quality or attribute.*



Think about it ??????????????????



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.



Let your smile
change the world,
but don't let the
world change
your smile.

UNKNOWN

“My Story”



4 Golden Rules of Self-Care

1. Self-care is a Life-Style
2. Self-care is not static
3. Self-care sometimes involves elimination
4. Don't compare your self-care

Self-Care isn't a one time deal!

Tiny Ideas for the Mind:

1. Start a compliment file
2. Scratch off items from a to do list
3. Do a mini-declutter
4. Unplug for an hour
5. Mini-meditation

Tiny Ideas for the Body:

1. Take deep breaths
2. Stretch
3. Run/walk for a minute
4. Quick Nap
5. Have a good laugh

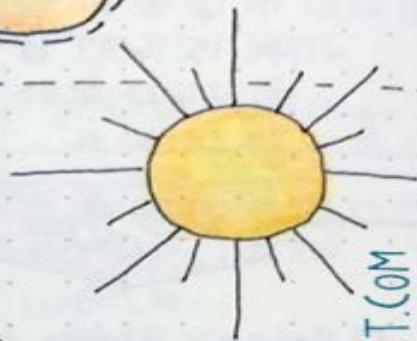
Tiny Ideas for the Soul:

1. Check in with your emotions
2. Write out your thoughts
3. Have a self-date
4. Stroke a pet
5. Ask for help

Ideas for SELF ♥ CARE

• NURTURE YOURSELF •

- Sit in the sun
- Apply a face mask
- Buy a bouquet of flowers
- Wear soft, comfortable clothes
- Take a bubble bath with candles
- Buy a fun, new color of nail polish
- Wrap up in a warm blanket
- Drive with the window down
- Buy a new candle
- Listen to music
- Meditate
- Get a treat & sit in the park & people watch
- Schedule any needed check ups
- Buy a new water bottle
- Go to bed early
- Go to a farmers market



Change requires.....

Commitment

Change in Mindset

Challenges

Practice Time

S hhhhhh.....M indfulness

Let's Dance

