



## 22 Ways to Take Care of YOU

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**Stress can definitely take its toll on our bodies in many ways - physically, emotionally and mentally.**

I find that when I feel like I don't have the time to slow down, is actually when I need it the *most!*

It's important to take some downtime and take care of YOU. You not only deserve it, but when you're feeling rested and recharged, you can accomplish more and support others better



**Here are 22 ways to take care of you –  
pick one that you can do today – and every day.**

**Make it a point to do something you love every day, no matter how small.**

**1** Get enough sleep

**2.** Take the time to prioritize your day each morning (what are the top 2 -3 things you want to get done today?).

**3.** Schedule tasks/appointments, events as evenly as possible throughout the week, so you don't have days that totally stress you out because you're overbooked

**4.** Reduce time on the computer and TV and get outside

**5.** Take deep breaths during the day



6. Eat slower

7. Connect with family and friends

8. Take a vacation (or 'staycation')

9. Don't be afraid to ask for help

10. Make time for yourself – enjoy a hobby or activity

11. Read a book or watch a movie



12. Exercise

13. Speak to yourself more kindly

14. Listen to music

15. Open your windows and blinds during the day

16. Remember your goals and aspirations

17. Enjoy a hot bath





18. Meditate, pray and/or do yoga

19. Get a massage or facial

20. Go for a walk

21. Focus on something you are grateful for

22. Keep a journal

