



22 Ways to Take Care of YOU

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

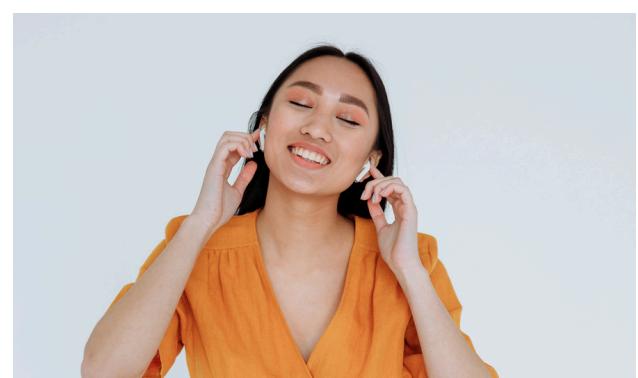
13. Speak to yourself more kindly

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

