

5 RUTHLESS SELF CARE STRATEGIES

Safe during "Shelter-in-Place!"

GET SOME SUNSHINE!



Our bodies make Vitamin D with exposure to sun. Studies suggest sun exposure impacts our mental health. With a daily dose of protected sunshine, you can lift your mood and get your Vitamin D!

SCHEDULE YOURSELF FIRST!

In order to be of maximum service to others, you need to prioritize yourself and set boundaries. Your time will expand when you guard it.



KEEP A GRATITUDE JOURNAL!



Research suggests that a daily gratitude exercise everyday can reduce stress and increase happiness. At the end of every day, list 3 things that went well that day, and WHY.

PRACTICE MINDFULNESS!

Mindfulness practices can reduce stress quickly and over time. Popular practices are Meditation, Yoga, Progressive Relaxation and Emotional Freedom Techniques (EFT.)



SMILE AND FIND JOY!



Smiling releases endorphins – the “feel good” hormone! Smile at the grocery clerk or anyone 6 feet away! It gets easier the more you do it!