# 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 GRADITUDE JOURNAL!**

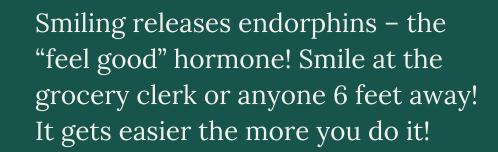
Research suggests that a daily gratitude exercise everyday can reduce stress and increase happiness. At the end of every day, list 3 things

# **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!



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