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!

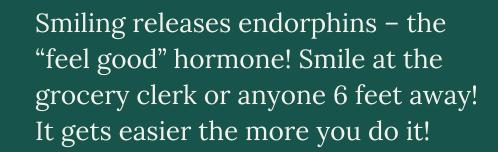
Research suggests that a daily gratitude exercise everyday can reduce stress and increase happiness. At the end of every day, list 3 things

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!



Created by Christy Byrne Yates 2020 www.christyyates.com