



Self-Care REMINDERS

- Breathe
- Be Still/Meditate/Pray
- Be In the Present Moment/Practice Mindfulness
- Exercise/Stretch/Movement
- Sleep/Rest/Relax
- Eat Healthy/Drink Water
- Be in Nature
- Unplug Yourself/Screen Free Time
- Create/Learn/Focus/Full Effort
- Play/Do What You Love/Enjoy Joy
- Spend Full Attention Time With Loved Ones
- Read or Listen to Inspiring or Nurturing Material
- Reframe/Look with Fresh Perspective
- Let Go/Forgive/Be Non-Judgmental
- Love Yourself/Love Your Neighbor
- Give Thanks/Practice Daily Gratitude, Acceptance & Contentment
- Breathe

Breathing is the single most important skill for calming body and mind.

- Joan Borysenko

An essential choice in life is choosing to feel worthy and complete. This helps me to reduce anxiety, stay calm, and feel more relaxed.

- Jeff Davidson

There are always ways to create more joy, peace, and harmony, and you have access to them. The way you walk, the way you breathe, the way you smile, the way you react, all of this is very important. You must begin with this.

- Thich Nhat Hanh

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