

Self-Care

Cheat Sheet

Self-care isn't rocket science.
Here's all you need to know:

1 Get Some Rest

You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a point to tell yourself "I'm resting now" at least once a day. Yeah. For real.

2 Fuel Your Body

If you're eating junk, living on caffeine & feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant.

3 Move It

Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't *have* to sweat it out in a gym. Just MOVE.

4 Be Still

Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself & others. Watch your life change.

5 Speak Up

No one can read your mind. If you need something, ask for it. If something pisses you off, say so (respectfully). Stand up for yourself. Be the friend you deserve.

6 Enjoy Yourself

Life's too short! Do something every day that makes you laugh. Talk to friends. Play. See a movie. Join a club. Take a class. Live your life!