



Self Care Is Not Selfish

- 1 Resilience comes from knowing and living your purpose.
- 2 Try on new behaviors for different results and lower stress.
- 3 Choose one worry to release each time it comes up for one month.
- 4 Take a slow, deep breath to tune in to yourself and what's around you.
- 5 Prioritizing helps you say "no" when you need to.
- 6 Reframe it.
Look for the gift in difficult situations.
- 7 Create a self-care menu with ideas to recharge your body, mind and spirit.
- 8 A reminder: *self care is not selfish.*

*Tension is who you think you should be.
Relaxation is who you are.*

Chinese proverb

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