



8 QUICK AND EASY SELF-CARE WINS

Self-care is an oxygen mask. It equips you to care for those who matter most. Remember, you cannot impart to others what you do not possess yourself.




- **SIP YOUR COFFEE SLOWLY**
Pause to savor a favorite beverage. Thoroughly enjoy the moment.
- **USE YOUR RESET BUTTON**
Announce "Plot twist!" or "Do over!" Then, restart with a positive attitude.
- **SQUASH A.N.T.S. FAST**
Identify automatic negative thoughts. Replace them with realistic alternatives.



- **SMILE GENTLY**
A soft, warm smile tells the brain, It's time to feel happier.

- **PAY YOUR SLEEP DEBT**
Catching up on sleep makes everything feel brighter.
- **PHONE A CHEERFUL FRIEND**
Attitudes are contagious. Associate with people who carry an infectious enthusiasm for life.
- **GET ACTIVE**
Aerobic activity reduces symptoms of anxiety and depression.



- **BREATHE DEEPLY**
Slow, deep breaths turn off the body's emergency response system. They allow us to exit fight or flight mode.

There are two types of people in the world, those who generate energy and those who consume energy. Practice healthy self-care to generate energy for yourself and those who matter most.