CARING FOR YOURSELF IS NOT OPTIONAL

Choose some of these to nourish your body and soul:

• Take a little time for yourself each day and a big chunk of time at least once a week.
• Recognize your own self worth.
• Recognize your own needs and limitations.
• Drop the need to be responsible for everyone else’s happiness and concentrate on your own.
• Pamper yourself once in a while, especially on “bad” days.
• Be patient and considerate with yourself. Be gentle with yourself.
• Nurture your spiritual side; pursue those things which are uplifting to you.
• Eat well, exercise and get plenty of rest.
• Take it a day at a time. Focus on the present.
• Put into practice some of the good advice you give to others.
• Develop that part of you that wants to laugh.
• Develop a strong support network for yourself.
• Give yourself some really relaxing moments through meditation, relaxation techniques, massage, music, lighting candles.
• Set limits. Say “No” when appropriate.
• Don’t set unrealistic expectations for yourself. At the end of the day remind yourself what you have done, rather than what you have not accomplished.
• Don’t hesitate to reach out for help when needed.

YOU ARE THE ONLY ONE WHO CAN TRULY CARE FOR YOU