

## **BASIC AND ESSENTIAL ELEMENTS OF SELF CARE**

- \* Be mindful of and attend to your body, mind and spirit.
- \* Stay tuned in to your feelings and express your emotions.
- \* Rest when you are weary or tired.
- \* Seek help when you need it.
- \* Take time in each day to pause, reflect and be in the moment.
- \* Develop and listen to your intuition or inner knowing.
- \* Keep to a 40-hour workweek whenever possible.
- \* Give yourself positive feedback daily and acknowledge your accomplishments.
- \* Avoid judgments of others and of yourself.
- \* Engage in activities that align with your gifts and values.
- \* Breathe consciously.