

The MindBody Connection



How do you take care of yourself?

- Remind myself that this stressful thing, “this too shall pass.”
- Go to Tuesday Tune-Up!
- I like to take walks in the park to relax and enjoy the outdoors.
- Pray; Exercise; Journal; Take long walks
- Sleep hard!!
- Laugh!! LOL...LOL
- Let bygones be bygones...Don't sweat the small stuff
- Take a candle lite bubble bath with soft music!!
- Light candles and listen to music in the dark ☺
- Open myself up to a close friend.
- Talking to someone that cares about me.
- Escape in a very funny movie.
- Get outside!
- Keep doing things that make you happy. If you aren't happy with something in your life change it!
- I like to listen to music and play on the computer. Also eating healthy helps me too!
- Early to bed and early to rise ☺
- I love a nice hot bath with candles and hot tea!
- I love to daydream, dance around, whistle, and draw.
- Pray and sleep
- I sleep and eat
- I love to sing, joke, and just kick it with my friends...sometimes I pray, meditate or journal.
- I (heart) to sing songs I hear, read, and eat fruit and to exercise daily!
- Play!! Playgrounds are everywhere!