

May 15th, Tip of The Week: Self-Care is a Prerequisite.

Tool: Today, you will identify self-care strategies to incorporate into your daily or weekly routine.

Identify 10 things you like to do that makes you feel good, soothes you, relaxes you and/or rejuvenates you (e.g. taking a hot bath, listening to your favorite song, petting your dog)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

