

# Self-Care Tips for Your Body

TO HELP YOU FLOURISH & NOURISH IN YOUR DAY-TO-DAY

Light exercise 3 times a day to improve happiness and increase work productivity.



**Eat well**  
Omega 3 Fatty acids fight mental illnesses & help improve learning & memory.



Sleep sufficiently.  
Sleep helps restore cognitive function.



Get at least 10 minutes of sunshine a day to help happiness & productivity.



Get a massage to help relieve stress & activates relaxation



Activate your self-soothing system by stroking your own arm, or moisturizing your body.

Exhale longer than when inhaling to activate your parasympathetic system.



Make one small change to your diet for the week.



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