

Self-Care Tips for Your Mind

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

Mental Rest.

Make it a point to tell yourself "I am resting" at least once a day.



Meditate.



This encourages self-awareness to thoughts & sensations, and decreases stress.

Read a Book.



Reading has shown to increase creativity & alleviate pain.

Body Scan.

Shows to reduce stress, muscle tension and increases mindfulness.



Express.

Write or journal your thoughts for 5 mins to release tension.



Think Positively.

This helps redirect our thoughts & increases resiliency.



Disconnect for 1 hour a Day.

Turning off electronics decreases unhealthy feelings, like jealousy, loneliness, & promotes creativity.



Learn.

Learning a new sport, language or recipe stimulates the brain & reduces risk for cognitive decline.