

# I renew and recharge

## **I renew and recharge.**

I bounce back from disappointments and daily pressures. I relax. I take a few deep breaths. I visualize lush green fields or tall snowy mountains. I soak in a warm bath or sip a cup of green tea. I listen to gentle music and snuggle under a soft blanket.

I live mindfully. I meditate daily. I focus on one task at a time. **Living in the present moment boosts my energy and reduces my stress levels.**

I exercise regularly. I move around and stretch my muscles.

I work on my hobbies. I find activities that engage my mind and soothe my feelings. I play the piano or knit scarves.

I spend time outdoors. **The beauty of nature inspires me and lifts my spirits.** I go for a walk during my lunch hour. I spend weekends gardening and playing in the backyard with my children.

I touch base with family and friends. I build a network of support.

I make someone smile. I feel joyful when I take my mind off my own troubles and brighten someone's day. I give a sincere compliment to a stranger. I cook an extra meal and take it to my elderly neighbor.

**I take care of my health and wellbeing.** I stay strong and resilient. I eat a nutritious diet and get 8 hours of restful sleep each night.

Today, I cope with challenges and setbacks big and small. I maintain my energy and motivation. I feel rejuvenated.

## **Self-Reflection Questions:**

1. How do my emotions affect my performance?
2. Why is it important to listen to my body?
3. How can I remind myself to take breaks during busy days?

