



WAYS TO PRACTICE

Self Care

- ♥ Hold a boundary
- ♥ Eat a healthy meal
- ♥ Reframe a negative into a positive
 - ♥ Take a walk ♥ Hula hoop
 - ♥ Call a friend
- ♥ Read something inspirational
 - ♥ Do less ♥ Meditate
 - ♥ Take a yoga class
- ♥ Connect with loved ones
- ♥ Be gentle ♥ Drink a cup of tea
- ♥ Practice positive self talk
- ♥ Take a nap ♥ Let go of judgement
 - ♥ Be compassionate
- ♥ Breathe deep ♥ Take a bath
 - ♥ Snuggle with a pet
- ♥ Create something beautiful
 - ♥ Paint, dance, play
- ♥ Love yourself ♥ Tell the truth

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