



Taking Care of You

Stephen White, ACC, MC, BBA

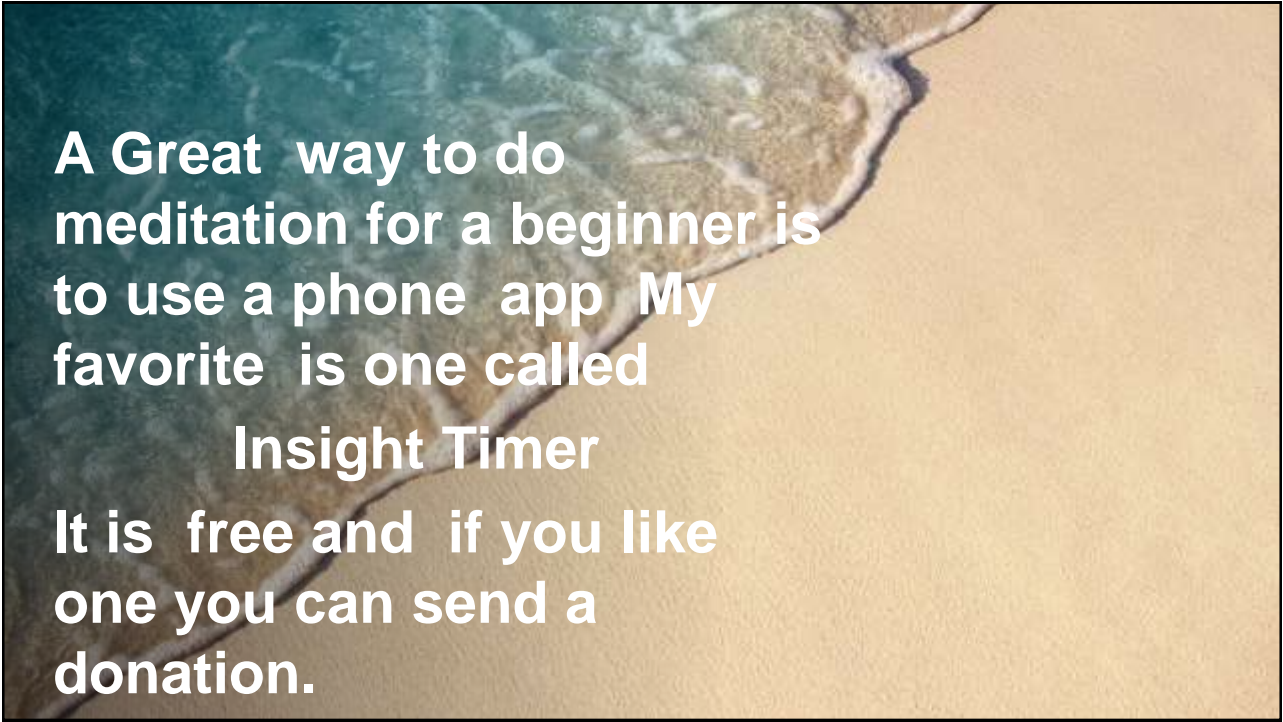
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Meditation

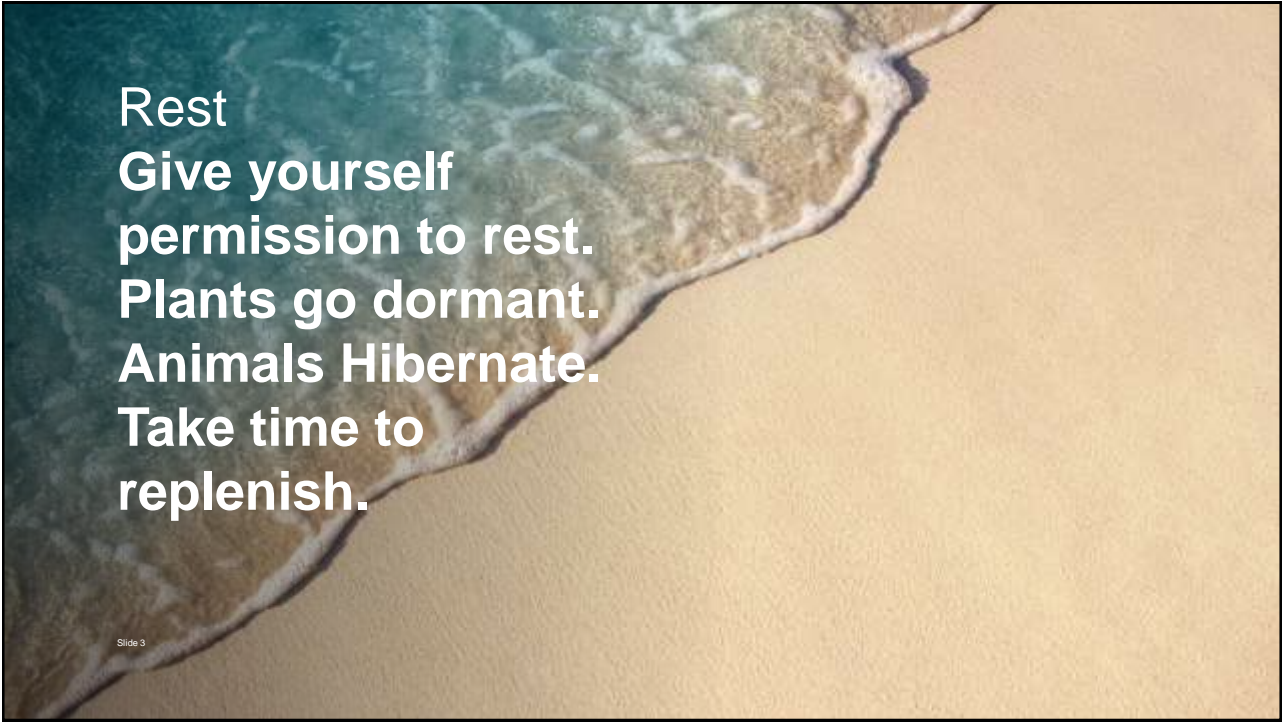
Believe it or not, Daily meditation can have a great impact on your sense of calm



**A Great way to do
meditation for a beginner is
to use a phone app My
favorite is one called**

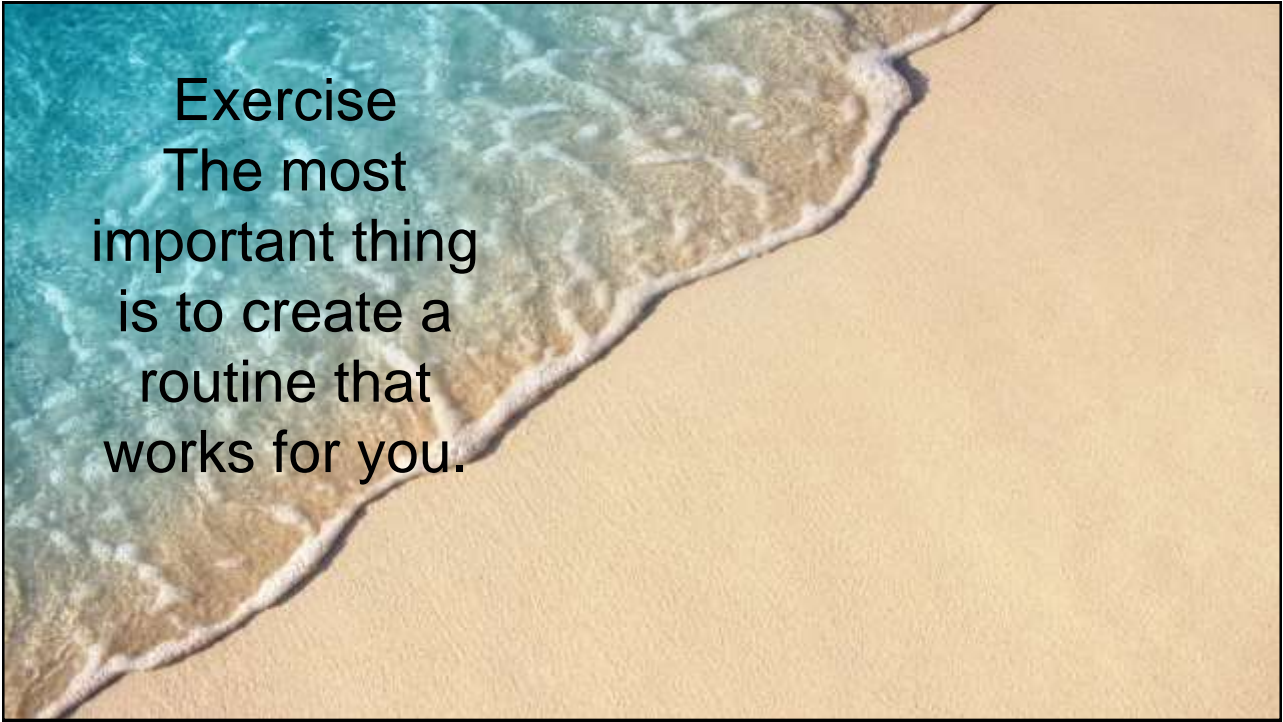
Insight Timer

**It is free and if you like
one you can send a
donation.**

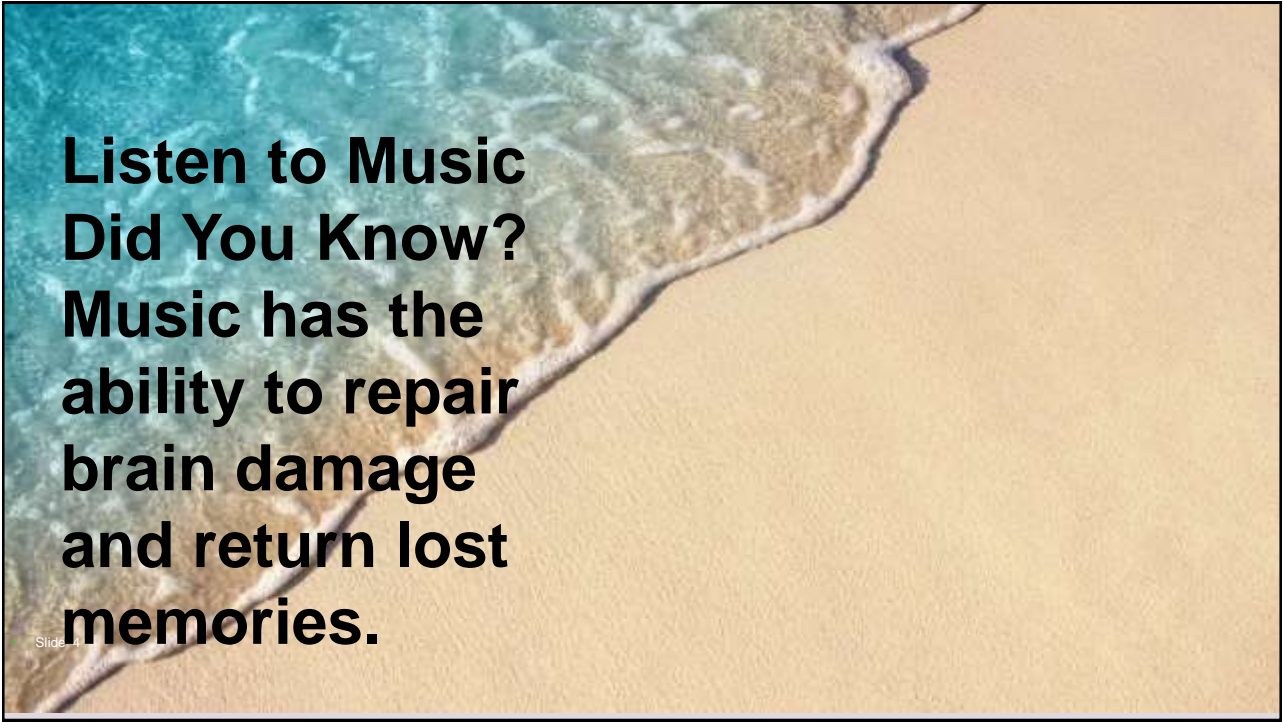


**Rest
Give yourself
permission to rest.
Plants go dormant.
Animals Hibernate.
Take time to
replenish.**

Slide 3

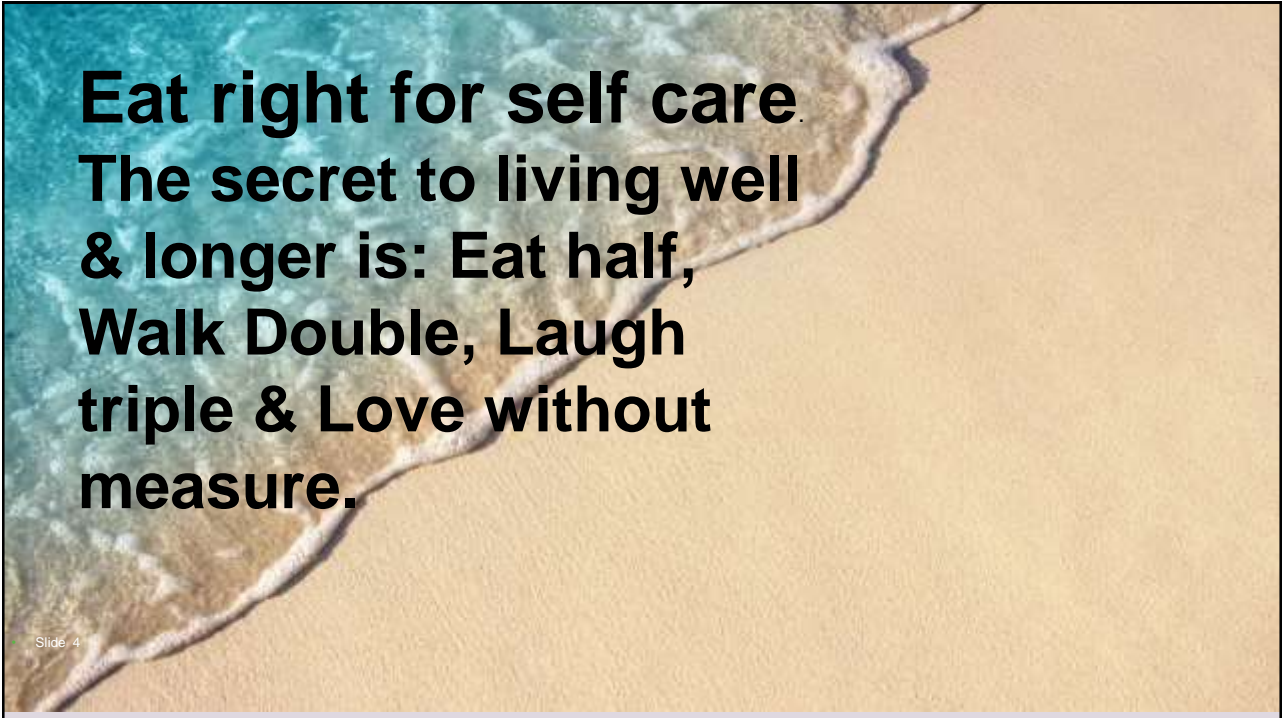


Exercise
The most
important thing
is to create a
routine that
works for you.



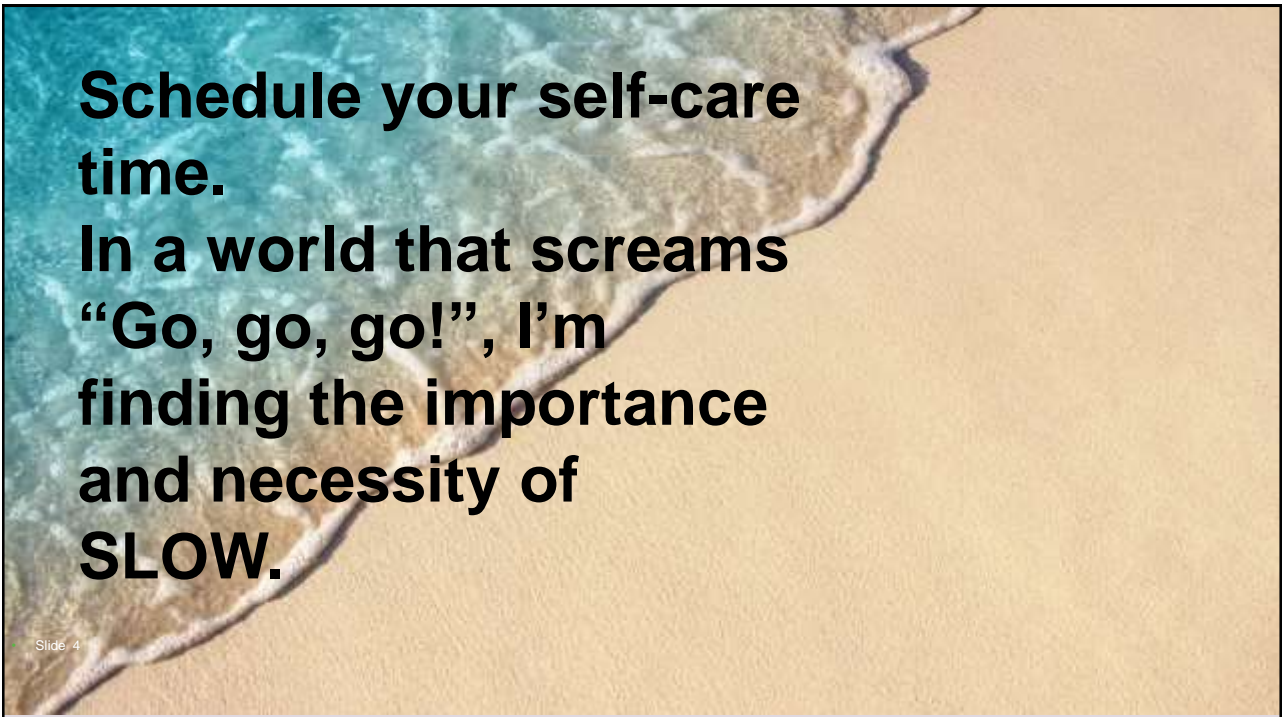
Listen to Music
Did You Know?
Music has the
ability to repair
brain damage
and return lost
memories.

Slide 1



**Eat right for self care.
The secret to living well
& longer is: Eat half,
Walk Double, Laugh
triple & Love without
measure.**

Slide 4



**Schedule your self-care
time.
In a world that screams
“Go, go, go!”, I’m
finding the importance
and necessity of
SLOW.**

Slide 4

Mental Health

Fill a notebook with inspirational sayings, poems, faith based material, jokes, funny photos, and other things that you can look through for inspiration and strength.

Slide 4

Just Breath.....

And remember, when you are stressed is when you most need to look at all the ways you're blessed!

Jane Lee Logan

Slide 4

Starting today,
remember to take care of
yourself. Sometimes you get
so busy taking care of others
that you forget that you
are important too.

