

STRESS BUSTERS

BE GRATEFUL

MAKE TIME FOR YOURSELF

BEGIN & END THE TIME WITH REFLECTION

KEEP THINGS SIMPLE

DON'T OVERSCHEDULE

NEVER MAKE A PROMISE YOU CAN'T KEEP

ALLOW AN EXTRA 30 MINUTES FOR ALL THINGS

CREATE A SANCTUARY AT HOME AND WORK

GO TO BED EARLY AT LEAST ONCE A WEEK

ALWAYS CARRY SOMETHING AROUND TO READ

BREATHE

BREATHE

BREATHE

SLEEP SLEEP SLEEP SLEEP

MOVE OFTEN

DRINK WATER

EAT WELL

BE INSTEAD OF DO

MAKE TIME FOR REST AND RENEWAL

LAUGH LAUGH LAUGH

IF YOU DON'T LOVE IT, LIVE WITHOUT IT

**SPEND MORE TIME IN NATURE
STOP TRYING TO PLEASE EVERYONE
STAY AWAY FROM NEGATIVE PEOPLE
NURTURE FRIENDSHIPS
APPROACH PROBLEMS AS CHALLENGES
HONOR YOURSELF
SET ACHIEVABLE GOALS
SAVOR BEAUTY
CREATE BOUNDARIES
FOR EVERY YES, LET THERE BE A NO
DON'T WORRY....YES, BE HAPPY!
REMEMBER HAPPINESS IS A LIVING EMOTION!
HAPPINESS IS A CHOICE!
CARE FOR YOUR SOUL
CHERISH YOUR DREAMS
EXPRESS LOVE EVERY DAY
BE TRUE TO YOURSELF**

SERVE SERVE SERVE!

What is your action plan?
