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
NU TRURE 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?

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