

SELF CARE

Our anxiety does not come from thinking about the future, but from wanting to control it.

Kahlil Gibran

- Hydration
- Hygiene
- Exercise
- Rest
- Recharge
- Stop Taking Things Personally---it's not all about YOU (their reaction/response is a reflection of them NOT you)
- Say No---set boundaries

Today I decided to forgive you. Not because you apologized, or because you acknowledged the pain that you caused me, but because my soul deserves peace.

Najwa Zebian

- Practice Mindfulness---Free App: Head Space
- Massage
- Yoga
- Positive vs Negative

When you complain, you make yourself a victim. Leave the situation, change the situation, or accept it. All else is madness.

Eckhart Tolle

- Shoulda/Woulda/Coulda vs DID/IS
- Reframe

When someone calls me ugly I get super sad and give them a hug. Life must be so hard for the visually impaired.

Minion

- Unplug...FOR REAL

It's you I like. It's not the things you wear. It's not the way you do your hair. But it's you I like, the way you are right now, the way down deep inside you. Not the things that hide you.

It's you I like.

*Fred Rogers
Mister Rogers*

When I was a boy and I would see scary things in the news, my mother would say to me,

"Look for the helpers. You will always find people who are helping."

To this day, especially in times of "disaster" I remember my mother's words, and I am always comforted by realizing that there are still so many helpers...so many caring people in this world.

Fred Rogers

Mister Rogers

Gibbs Rule #28

When you need help, ask.

We cannot start over, but we can begin now, and make a new ending.

Zig Ziglar

We can't help everyone, but everyone can help someone.

President Ronald Reagan

Interesting facts about me:

I was born on my birthday.

I'm human.

and I don't tell everyone this, but

I'm

Naked under these

Clothes.