Restorative Self Care

Choose one releasing activity to practice each day for 5-10 minutes

Choose one input activity to practice daily for 5-10 minutes

Create white space in your day for rest

INPUT

Practice tapping video

• do things you enjoy

- create compassionate inner dialog
- meditate
- listen to uplifting music
- read inspirational material
- listen to inspriational podcasts
- practice gratitude

RELEASING ACTIVITIES

- allow emotions
- breathe
- cry
- take breaks
- walk
- sit in nature
- journal emotions
- scribble
- tapping

