



Always doing something for others? Try the Top Ten “Do it for You”!

- 10) Take a longer shower or bath, so you can begin to feel relaxed.
- 9) Slowly savor that cup of mulled cider, coffee, tea or warm milk.
- 8) Treat yourself to 30 - 60 minutes of free time, with no electronics.
- 7) Walk around your neighborhood and notice all the vegetation.
- 6) Call or text someone you love or care about, just to tell them that!
- 5) Buy a plant, flowers, or seedlings to grow inside or outside.
- 4) Listen to music that relaxes you without any emotions attached.
- 3) Make a “no bake” snack and give the treat & recipe away to others.
- 2) Sing out loud when no one is listening, hum or whistle a simple tune.
- 1) Find a fragrance, aroma, or scent that brings a smile to your face.

****You can mix or match, combine or try one at a time, just do it for you**

For more tips or to comment on what works best for you, reach out to Joan, CPLC at www.forwardstepsinlife.com or forwardstepsinlife@gmail.com



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