



Banish Burnout!

RECHARGE, REFRESH, REPLENISH & FAST!!

No time for self-care? Simple micro practices (think 5 minutes or less) to prioritize well-being and help restore peace of mind.

STRATEGIES

Because You Deserve a Break!

01

H.A.L.T. Self-Check

Use the H.A.L.T. method to quickly gauge how you're doing. Are you feeling Hungry, Angry, Lonely, or Tired? If any of these pop up, no worries! Just take a breather and make sure to address your needs. You got this!



03

Decode Your Feels

Face your emotions and break free from negativity. Remember, anger (aka irritability) is often a secondary emotion, so peel back the layers to see what's really going on. Find healthy ways to tackle the root cause and discover your inner Zen.



05

Kick in the Pants

Movement can be a game-changer when feeling tired! It boosts energy by increasing blood flow, oxygen, and endorphins. So, go on, stretch it out, take a brisk walk, or bust out some jumping jacks. Embrace the energy kick!



02

Mini-Indulgences

Treat yourself to a tasty snack that satisfies cravings and puts a smile on your face. Munch on a piece of heavenly dark chocolate, gobble up those crispy fries, or grab your go-to cup of joe. Savor the deliciousness! You deserve it!



04

Hug It Out

Combat loneliness with the power of hugs! Embrace someone for 20-30 seconds to release feel-good hormones and lower stress. Or just interact with the world by saying hi and smiling at someone. Even small acts = warmth and connection.



06 Spruce Up Your Space

Spend just a few minutes decluttering and organizing your space to create a seriously satisfying sense of calm and order. Trust me, letting go of all that visual chaos will soothe your mind and make you feel more at ease.



08 Vacay Vibes: Engage Your Senses

Calling all beach babes! Let ocean sounds transport you, enjoy beautiful beach pics, savor the aroma of scented candles, sip on tropical drinks, and touch your favorite seashell to bring back beachy bliss in an instant!



10 Digital Detox

Unplug from the digital world for a while and find solace in simplicity. Put your phone on silent, turn off notifications, and simply be present in the moment. Enjoy the peacefulness that comes from unplugging.



07 Shake Things Up

Sometimes, all it takes is a little rearranging - move furniture, switch up rooms, or even change your location - to shake things up and get out of a funk. It's like hitting the reset button on your perspective, giving you a fresh outlook on things.



09 Micro Hobbies

Find bite-sized ways to enjoy what you love! If reading's your thing, keep a book of poetry handy for a quick flip-through. If you're feeling creative, dive into coloring, crocheting, or any other artistic pursuit that sparks your imagination. The possibilities are endless!



Friendly reminder: self-care isn't selfish! It's all about showing yourself some love in whatever way works for *You!* If you're finding it tough to handle the demands of everyday life or maintain your well-being, don't hesitate to ask for support! Remember, you're never alone on this journey!

Let's Work together!

GET IN TOUCH

Reach out to Schedule Your
FREE
15-Minute Intro Call!

Looking Forward to Meeting You!



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