

friday inspiration

APRIL 14, 2017



health care is self-care

The good news is there is no right answer as to what self-care looks like. It can take the simple form of a good night's sleep on a regular basis, making sure to eat healthy foods, exercising regularly, meditating, making time to relax and see friends. While these examples of self-care may seem obvious, they're actually essential elements of feeling happy, productive and fulfilled at work — and in "life."

Taking care of yourself is not selfish. Making time to recharge and tap into your personal sources of inspiration is key when your work is not only demanding but also demands that you be there for others.

PUTTING

YOURSELF

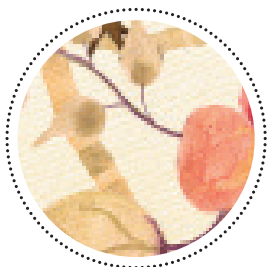
FIRST

Above all, self-care involves actively setting intentions for yourself — being honest with yourself and others about your needs, desires, fears, and dreams. From this place, we can be authentic leaders, engaged partners, and productive members of any team. Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love.

Source: http://www.huffingtonpost.com/joanne-heyman/own-self-care-its-simplean_b_5229107.html

healthy DAILIES

Self-care is a vital component of health



1. **DRINK** an extra glass of water
2. **MOVE** your body
3. **GIVE** yourself a good night's rest
4. **HAVE** a good laugh
5. **COOK** a homemade meal
6. **GET** adjusted
7. **READ** a good book
8. **GET** some fresh air/sunshine
9. **CHOOSE** a positive affirmation for the day
10. **MAKE** time for relaxation



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