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TAKE CARE OF YOUR MENTAL WELLBEING

1

RECOGNISE AND ACKNOWLEDGE YOUR FEELINGS AND EMOTIONS

2

PRACTICE GRATITUDE

3

PRACTICE EXPRESSIVE WRITING

4

STOP ALLOWING THE PAST TO CONTROL YOUR PRESENT AND FUTURE

5

FIND SOMETHING BIGGER THAN YOURSELF TO BELIEVE IN. CONNECT WITH A HIGHER POWER

6

MAINTAIN GOOD SEROTONIN LEVELS

7

TAKE A DAY OFF FROM WORK AND PARENTING. HUH?! YES!

8

CREATE A SACRED SPACE AROUND YOU AND BE VERY INTENTIONAL ABOUT WHO AND WHAT YOU LET WITHIN IT

9

PRACTICE DOING AT LEAST ONE THING TOWARDS YOUR OWN SELF DEVELOPMENT EACH DAY

10

FIND YOUR TRIBE

