Reflect on habits around sleeping, eating & movement

Make time to be still and quiet
Allow yourself to try new things
Give yourself permission to say “no” to what drains you

Video chat with friends and loved ones
Spend time with pets
Find someone who supports you in listening to your true feelings
Ask for help when you need it
Connect to something that feels bigger than you

The Women’s Initiative
www.thewomensinitiative.org