

“Key” Into Your Self-Care

Escape

Your mindset.

Suggestions: Start a short self-care moment in the morning. Pay attention to how your self-doubt creates, guilt or avoidant behaviors.

Shift

To your mental quiet place for at least 3-5 minutes during the day.

Suggestions: go outside, eat something new.



Delete

Unhealthy behaviors and practice new approaches.

Suggestions: try 4 minutes of mindful eating, eliminate unhealthy interactions and find a new way to include fun in your day

Enter

Into this moment and deepen your breath.

Suggestions: Breathe in for 3 seconds and exhale for 6 seconds before communicating with someone who has upset you, close your eyes follow your breath and/or notice something in your environment you were not previously aware of.