

Dr. Gwen's **A** to **Z** Self-Care Guide

A Ask for help and feedback.

B Breathe (do 5-5-5).

C Change your mindset and attitude.

D Daily devotion.

E Eat healthy and exercise regularly.

F Failure is an opportunity for improvement.

G Gratitude.

H Hug someone.

I Invest in you, mind, body and spirit.

J Journal (gratitude, reflective, mood, drawing).

K Knowledge is power!

L Learn a new skill or hobby.

M Meditate.

N "NO!" Say it, mean it, and don't feel guilty about it.

O Organize and declutter your work, home and life.

P Prioritize.

Q Quit bad habits and things that are not working.

R Rest and Re-energize.

S Set boundaries and goals.

T Talk to a colleague or trusted friend.

U Unfollow people who make you feel bad about yourself.

V Volunteer in your community.

W Water; drink more of it.

X Xylophone.

Y Yoga provides physical and mental health benefits.

Z Zero tolerance for negative energy.....Zen!

