

Pat Yourself on the Back

We are always being reminded of what we *should* be doing. Sometimes the constant striving to be better just creates more stress. Think of one thing you *already* did today that was a healthy choice and give yourself a pat on the back. Encouragement works better than pressure! Try to increase it to 2 healthy choices tomorrow.

Be Well.

The Health and Wellness Foundational Tool Team

***“Self-care is not selfish.
You cannot serve from
an empty
vessel.”
– Eleanor
Brown***

