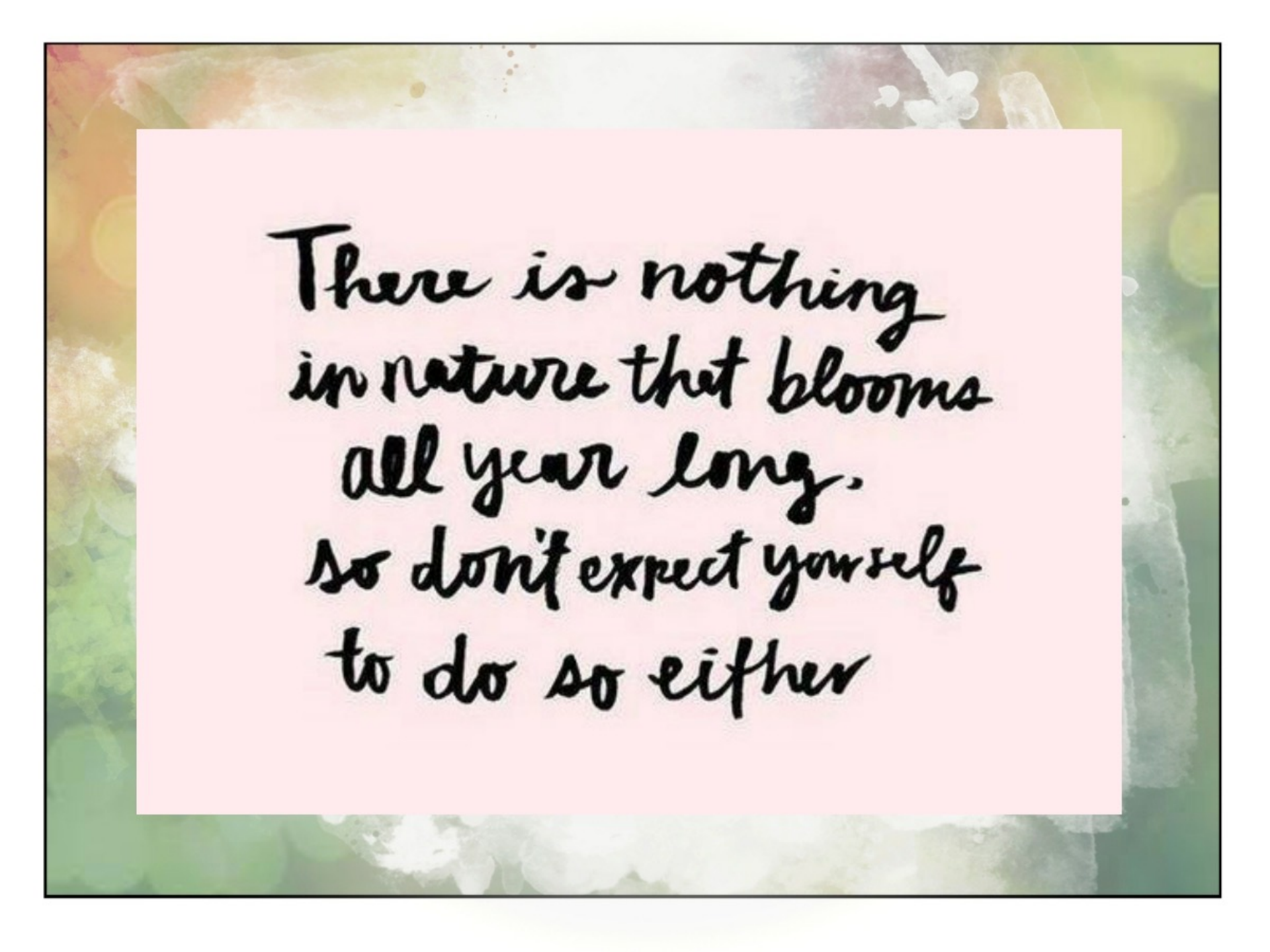


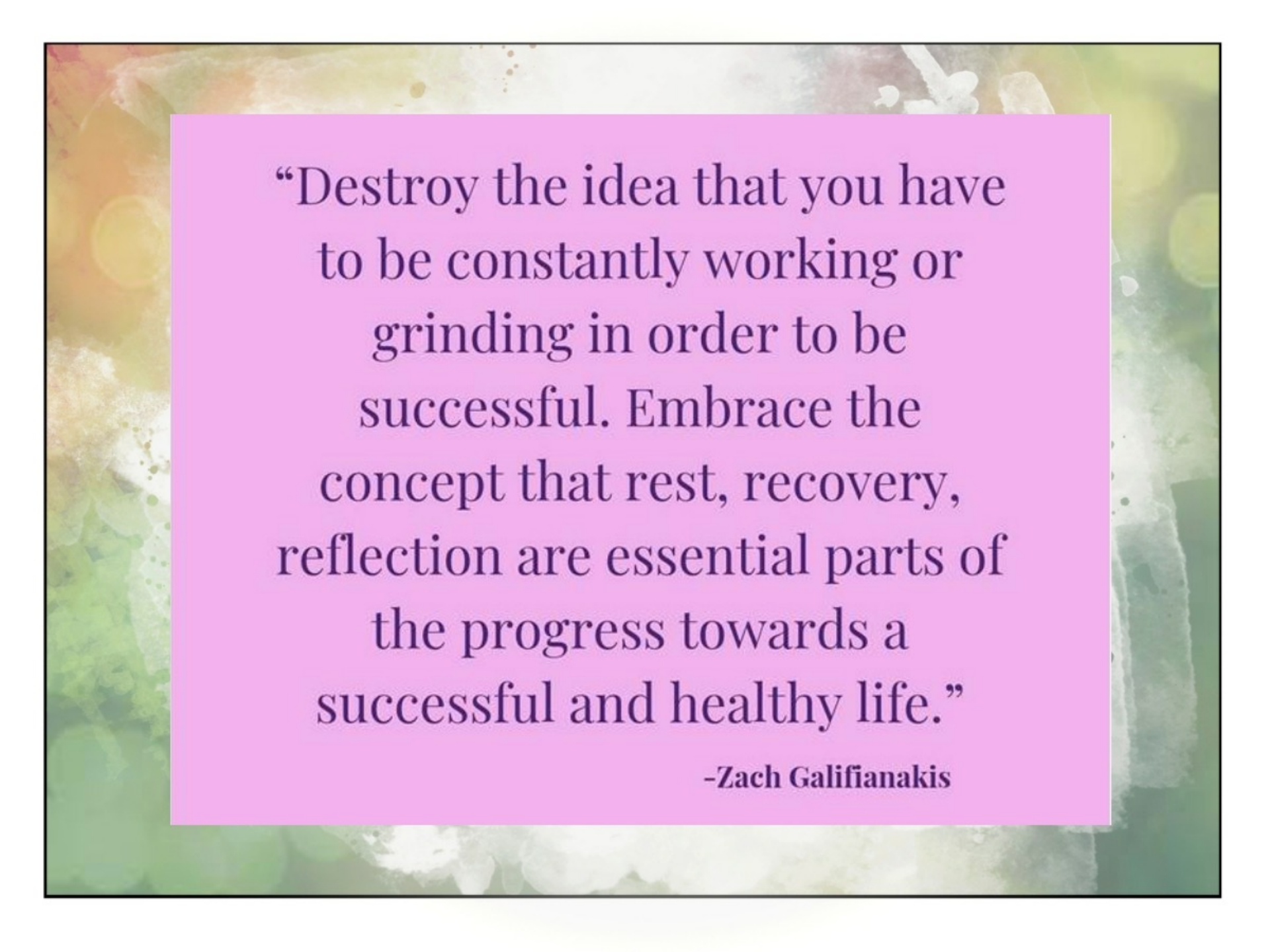
The Importance of Self-Care



"You can't pour from an empty cup... take care of your self first."



There is nothing
in nature that blooms
all year long.
so don't expect yourself
to do so either



“Destroy the idea that you have to be constantly working or grinding in order to be successful. Embrace the concept that rest, recovery, reflection are essential parts of the progress towards a successful and healthy life.”


-Zach Galifianakis



“

Self care is never a selfish act — it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self, and give it the care it requires, we do so not only for ourselves, but for the many lives we touch.

— Parker J. Palmer



Remember to take time to nurture
and nourish yourself. Take rest, engage
in silence, pray, and practice owning
your own sorrows with kindness
and mercy for yourself. This is not
only a service to you, it increases
your capacity to help others.

@imamjamalrahman



**YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.**

**SELF CARE IS A PRIORITY,
NOT A LUXURY.**

JOMO

(noun)

Joy Of Missing Out. Feeling content with staying in and disconnecting as a form of self-care.

Antonym: FOMO



Love yourself first

and everything else
falls in line. You really
have to love yourself
to get anything done in
this world.

Lucille Ball

Tips to reduce stress



exercise



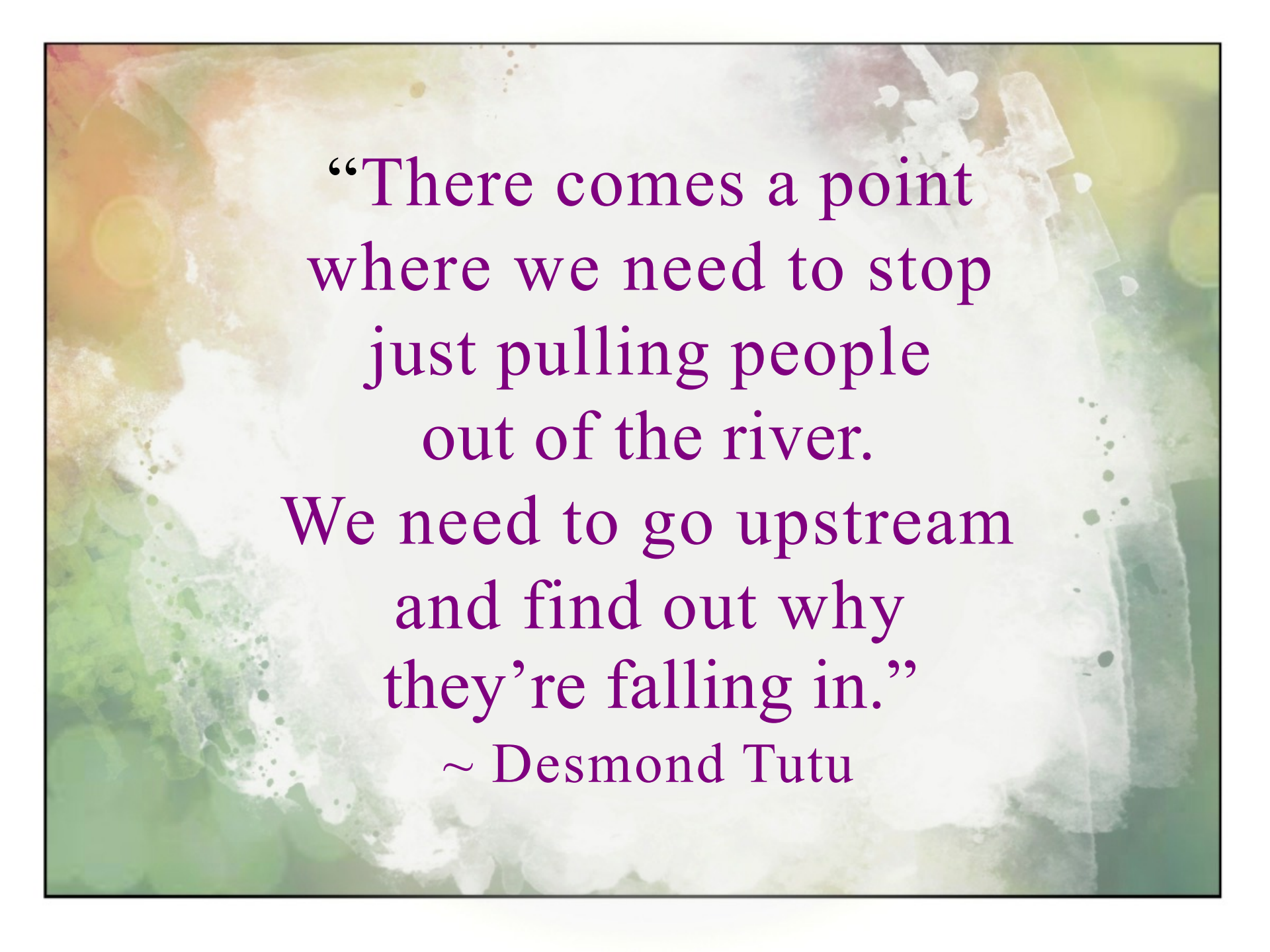
meditate



summon a demon to
slay your enemies



solve a puzzle



“There comes a point
where we need to stop
just pulling people
out of the river.

We need to go upstream
and find out why
they’re falling in.”

~ Desmond Tutu

The image features a central photograph of a sunset over a calm body of water. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The dark silhouettes of trees and land along the shore are reflected in the still water. This central image is surrounded by a decorative border with watercolor-style washes in shades of green, yellow, and white. Overlaid on the upper half of the photograph is a quote in a black, cursive script font. Below the quote, the name '- GHANDI' is written in a white, bold, sans-serif font.


*There is more to life than
simply increasing its speed*

- GHANDI



**ME: “I NEED SOME
HELP AROUND HERE!”**

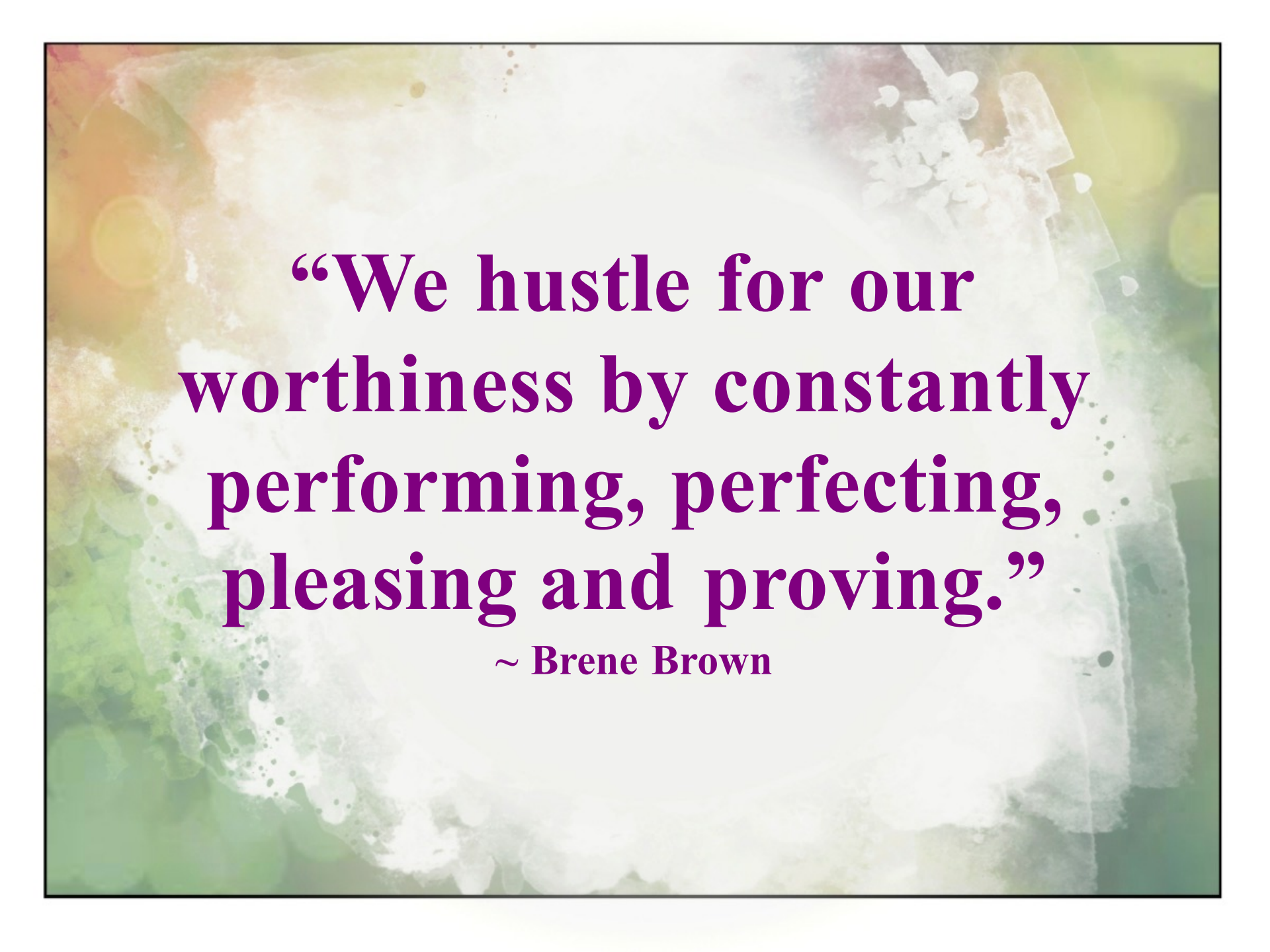
**ALSO ME: “NO, NOT LIKE
THAT... HERE, I’LL DO IT.”**



Perfectionism is a self destructive and addictive belief system that fuels this primary thought: If I look perfect, and do everything perfectly, I can avoid or minimize the painful feelings of shame, judgment, and blame.

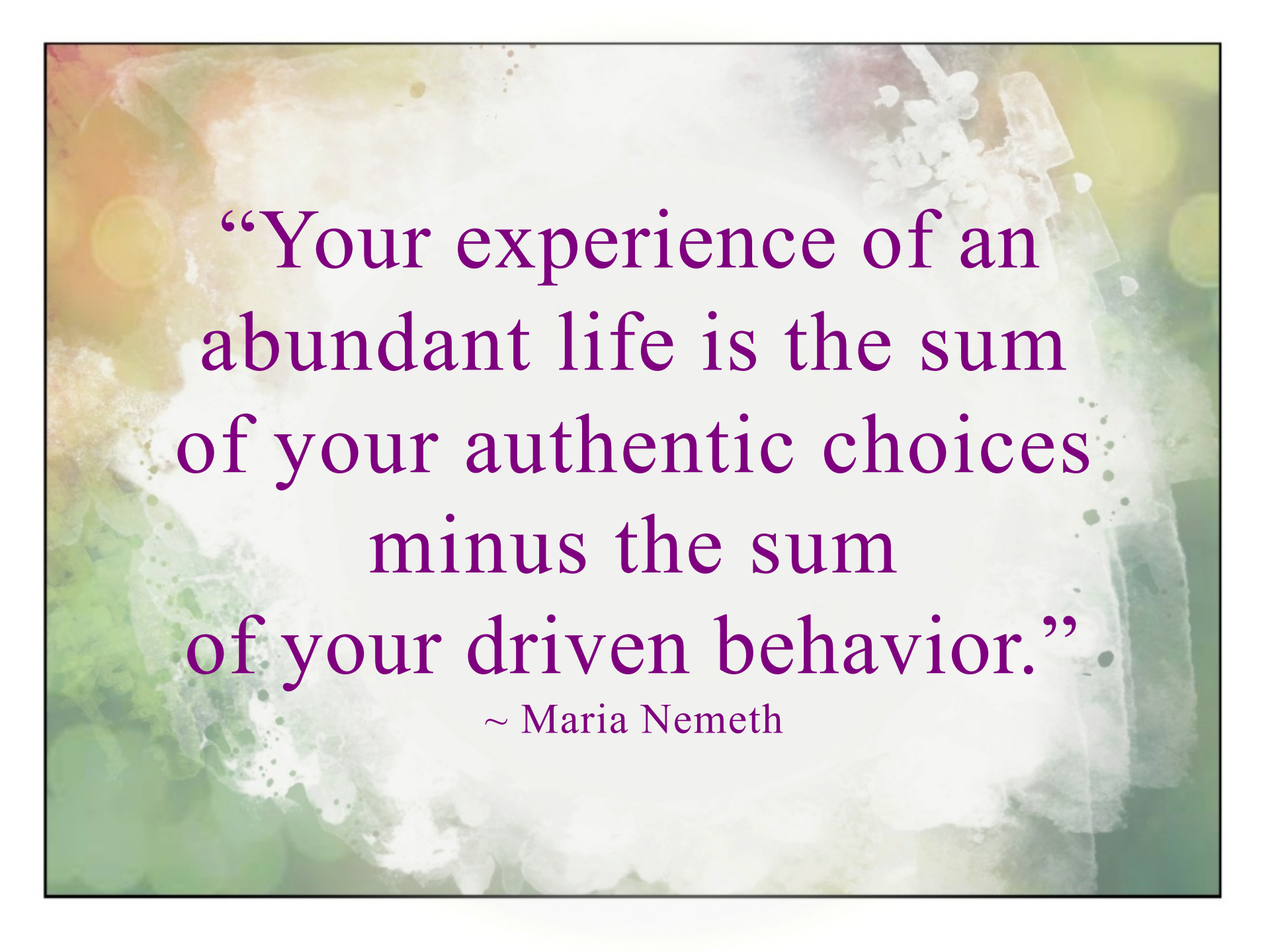
Brené Brown

“ quote fancy



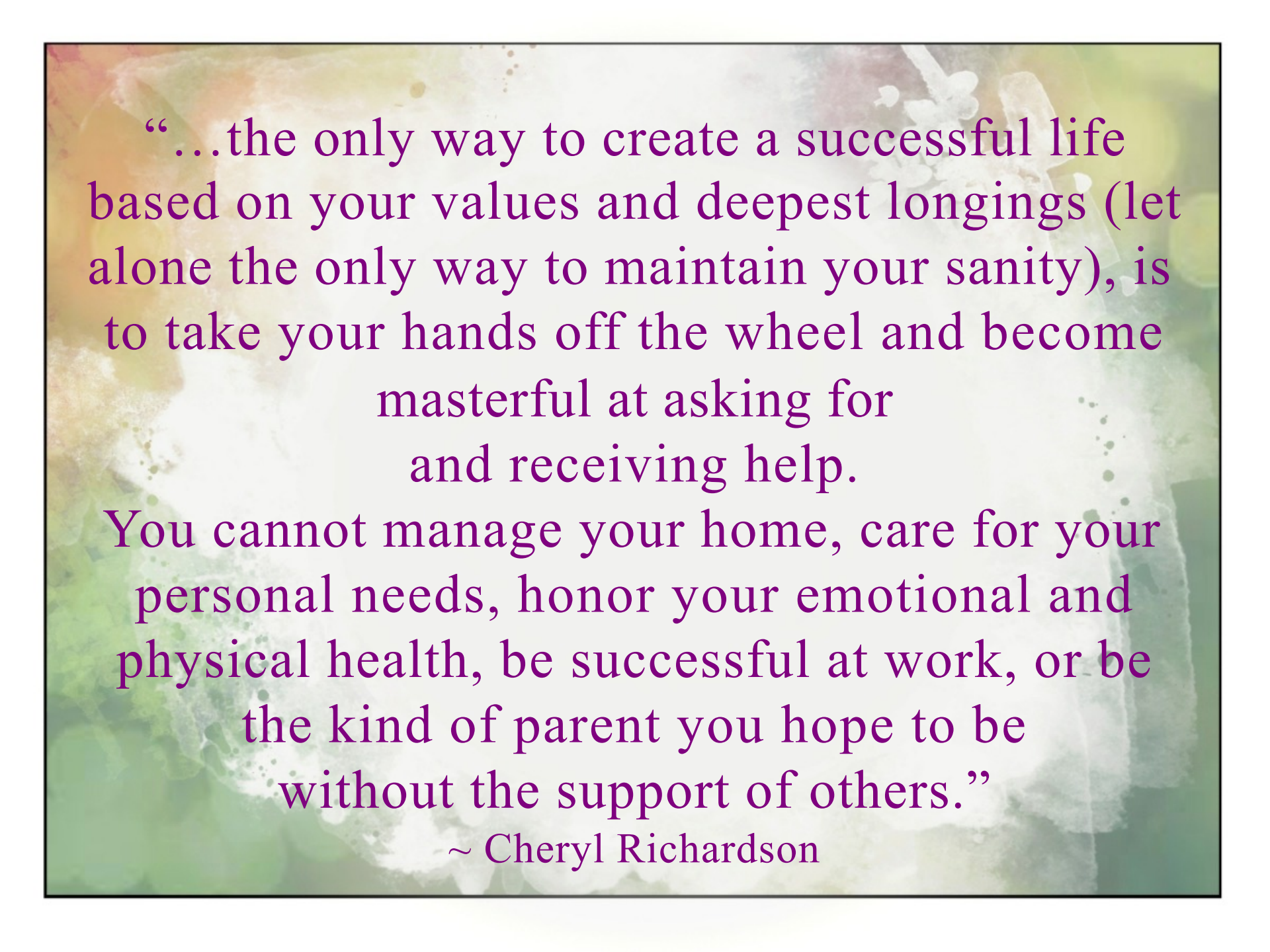
**“We hustle for our
worthiness by constantly
performing, perfecting,
pleasing and proving.”**

~ Brene Brown



“Your experience of an
abundant life is the sum
of your authentic choices
minus the sum
of your driven behavior.”

~ Maria Nemeth



“...the only way to create a successful life based on your values and deepest longings (let alone the only way to maintain your sanity), is to take your hands off the wheel and become masterful at asking for and receiving help.

You cannot manage your home, care for your personal needs, honor your emotional and physical health, be successful at work, or be the kind of parent you hope to be without the support of others.”

~ Cheryl Richardson

~~A Life of Enough~~

“We have forgotten what enough feels like... So we work and add and never stop, never back away, never feel complete, and we despair of ever finding comfort, relief, or sanctuary.”

“... they feel victim to a relentless assault of increasing expectations, activities, demands, and accomplishments that overwhelms any spaciousness or ease in their daily lives.”

“It has become so much more difficult to make peace with any job well done or any day well spent.”

“*God exhaled*. When do we exhale?... No living organism can sustain this kind of violent overwork before it breaks, or dies.”

“In spite of any compelling physical or spiritual benefits, we fear we have no authentic, trustworthy permission to stop.”

“If we just put our nose to the grindstone, give it our all... Then we can rest. But this ridiculously impossible moment never arrives...”

A close-up photograph of a woman's face, partially obscured by a wide-brimmed hat. She is wearing a large, light-colored earring. Her hands are clasped in front of her. The image has a soft, artistic feel with a bokeh background. A quote is overlaid in white text on a dark, semi-transparent background.

“

True self-care is not salt
baths and chocolate cake.
It's making the choice to
build a life you don't need
to escape from.

BRIANNA WEIST

I am a winner

I am
successful

I am a
leader

I am
disciplined

I am
talented

I am exciting

I am a
believer

I am motivated

I am happy

I
am
me

I
am
limitless

I am the
best

I am
powerful

I am a great
listener

I am brave

I am courageous

I am capable

I am thoughtful

I am
optimistic

I am cheerful

I am
honest

I am gifted

I am
positive

I am kind

I like me

I am relaxed

I am
Poetic

I am observant

I
never
doubt

I am beautiful

I am
enough