



# *Conscious Self-Care*



*While you wait, here are some ideas you can try ...*

Watch your breath - simply become aware of it

Focus on your exhale instead of your inhale

Relax your tongue – it helps quiet your thoughts

Stretch your arms above your head then out to the side

Close your eyes and listen to the sounds around you

Place your hand over your heart while you breathe

Think about the word “Gratitude”

*Who and What* are you grateful for in your life?

*“Conscious Self-Care is any intentional choice that supports your physical, emotional, mental, spiritual, and/or creative well-being”*

~ Amy Camie

**www.ConsciousSelf-Care.Love**