



## Practicing self-care

### Take a mindful minute

Find two to three times during the day (morning, midday, evening) to give yourself 60 seconds of self-care. Here's how:

1. Set a timer for one minute.
2. Practice slow intentional breaths.
3. Check in with your body as you breathe. How is your energy? How are you feeling?
4. Quiet your mind and allow yourself to close your eyes, feel your breath, hear the sounds around you, and connect to your thoughts.
5. Ask yourself: What do I need? What is going really well? How am I helping others?



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