

Be Gentle to Yourself!

- ‡ Keep it simple
- ‡ Ask for help
- ‡ Enjoy your five senses
- ‡ Drop the guilt and anger
- ‡ When you're alone in your car: sing, whine, sigh
- ‡ No "would-haves," "could-haves," "should-haves"
- ‡ Connect with your network of friends and support
- ‡ Reach for the stars
- ‡ Take a bubble bath
- ‡ Pat yourself on the back. Again. Again
- ‡ Get a massage
- ‡ Say "No"
- ‡ Keep a list of your dreams on your refrigerator
- ‡ Nurture your mind
 - Exercise your body
 - Feed your soul
- ‡ Journal it or paint it or sing it
- ‡ Laugh out loud
- ‡ Know that the future will be okay

John A. Gentleman Mortuaries