

Joelyn's Self Care Tips

Because You Are the Most Important One!

- ♥ **TAKE A MOMENT TO “JUST BREATHE”**
A mere breathe can reboot you!
- ♥ **CHANGE YOUR THINKING CHANGE YOUR LIFE** - Be mindful of your thoughts when overwhelmed. They are not who you really are.
- ♥ **RETHINK DOING FOR OTHERS- WHAT DO YOU REALLY NEED?**
You are the most important gift for everyone around you.
- ♥ **GIVE YOURSELF PERMISSION AND CONSCIOUSLY TAKE CARE OF YOURSELF** - Take a walk or sit in the sun by yourself.
- ♥ **VOLUNTEER WITH YOUR FAMILY.** It's a great way to Open Your Heart and take in some incredible experiences!
- ♥ **GRATITUDE JOURNAL** - Start with one thing a day then two the next, then three... Soon the whole page will be filled!
- ♥ **USE SA TA NA MA** - Just a few minutes every morning can set the tone for the day and increase your memory by 10 percent.
- ♥ **WHEN YOU ARE CALM AND AT PEACE...**
People around you will just naturally do the same.

Joelyn has a new CD available called Just Breathe. JoelynLutz.com
Free download of Sa Ta Na Ma <http://joelynlutz.bandcamp.com/track/sa-ta-na-ma>