

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: TAKE CARE OF YOURSELF



*Are you feeling overwhelmed? Do you feel run down, in need of a break? Take some time for yourself!*

*“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”- Maya Angelou*

Here, Maya Angelou is emphasizing the fact that we are meant to do acts of compassion for others as well as ourselves. Sometimes it might take a little bit of time for us to realize this, but once we do, we can strive to do our best for ourselves and others.

Often it may feel selfish to step away from something or take some time for yourself. The common clichés that you can’t pour from an empty cup or put on your oxygen mask before helping others are valid in this time. If we are run down, tired, or feeling rushed, we will not have the capacity to help others. When we recharge by taking time to do things that make us happy, we will be better equipped to pour that compassion into others.

### Practice Compassion Today:



1. PICK A TIME EACH DAY THAT YOU CAN SET ASIDE EVEN JUST 5-10 MINUTE FOR YOURSELF.
2. MAKE A LIST OF WHY IT IS IMPORTANT TO TAKE THIS TIME TO YOURSELF.
3. MAKE A LIST OF POTENTIAL ACTIVITIES THAT YOU WOULD LIKE TO DO.
4. EVERYONE IS DIFFERENT, SOME WILL LIGHT CANDLES, TAKE A NAP, PAINT, MEDITATE. WHATEVER IT IS THAT HELPS YOU RELAX, CHOOSE THAT AND CHOOSE LOVE WHEN YOU DECIDE TO TAKE CARE OF YOURSELF.
5. CHECK OFF ON YOUR CALENDAR EACH DAY YOU DO YOUR SELF-CARE ACTIVITY.



### Parent Practice Tip:

**Ask your child what they do when they feel tired or upset. Turn this into a conversation about how you can do this regularly to prevent that “burn-out”.**

### To Learn More:

### What is Compassion?

### Self-Love Tips

### Self-Care Ideas

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)