

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: TAKE TIME TO YOURSELF TO DECOMPRESS



Have you been feeling overwhelmed and exhausted from all of the current events you've read in the news? Take the time to decompress today.

When you are constantly surrounded by negative news and negative situations, it can affect your mood and make you feel hopeless. Although it is good to stay informed on current events and what is going on in the world, it is a lot to take on a constant stream of really emotional and disheartening news daily. Sometimes it can be beneficial to unplug and allow yourself the time to focus on other aspects of your life that are also important to you, such as spending time with your loved ones.

Sometimes we get caught up in doing things for other people that we forget to do things for ourselves. Everyone needs to devote time to themselves. It prevents burnout and allows us to put our best foot forward when supporting others. Learn different ways you can decompress from your stress, anxiety, and feeling overwhelmed today by practicing self-compassion.

Practice Compassion Today:



1. PUT AWAY YOUR SOCIAL MEDIA AND TURN OFF THE NEWS.
2. SET ASIDE SOME TIME DURING THE DAY TO DECOMPRESS, WHETHER IT'S 5 OR 15 MINUTES.
3. FIND SOMETHING YOU ENJOY TO DO. SOME EXAMPLES ARE WATCHING YOUR FAVORITE SHOW'S BLOOPERS, TAKING A BUBBLE BATH, AND PAINTING OR COLORING.
4. IF YOU STILL FEEL SOME ANXIETY AND LIKE YOU'RE STILL HOLDING THINGS INSIDE, JOURNALING OUT YOUR THOUGHTS CAN BE A HELPFUL WAY TO LET IT GO.



Parent Practice Tip:

Talk to your child(ren) about ways they can take time to themselves when they are feeling really sad, tired, or feeling nervous.

To Learn More:

[10 Self Care Tips for Kids!](#)

[10-Minute Meditation for Anxiety](#)

[How to Decompress from Stress](#)

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