

# SELF-CARE MADE SIMPLE

visit us at [pharmtechcaribbean.net](http://pharmtechcaribbean.net)



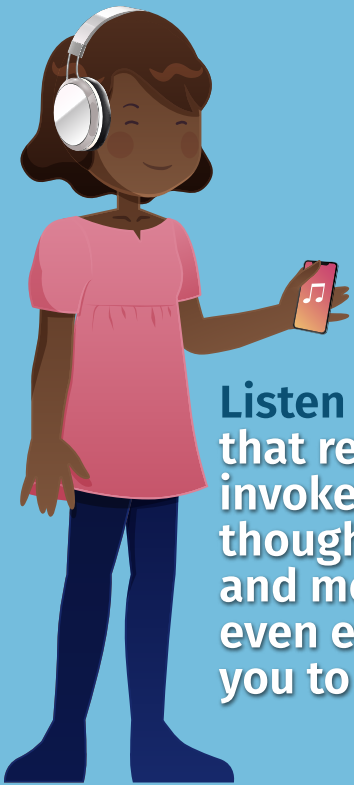
Practice focused 'on purpose' breathing exercises to stay in control of stressful situations and to take a pause before reacting.



Adopt a mindfulness practice or activity that helps you find that quiet, safe and happy place inside yourself.



**Stop complaining!** It rewires the brain to look for and see negativity in too many places.



Listen to music that relaxes, invokes happy thoughts and memories or even encourages you to dance!



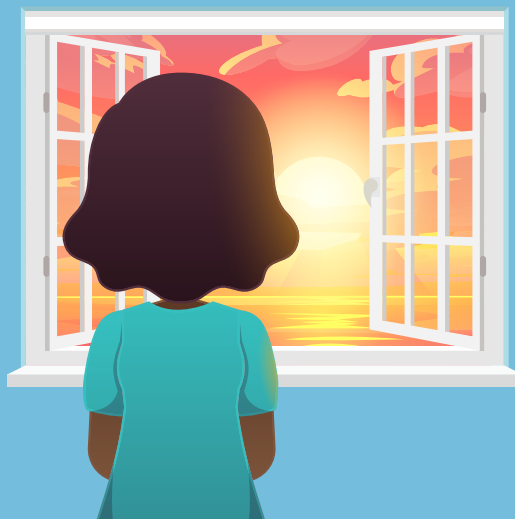
Read an inspiring and powerful novel or any book that makes you feel strong and empowered!



Journal your feelings to help get them out of your head and potentially gain some new perspectives.



Simply step outside of your home and enjoy the surroundings.



Engage in experiences that give you a sense of awe...  
...like looking at the sunrise or sunset.



Try spending some time barefooted. This simple act has been shown to decrease anxiety and depression!