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TALK ABOUT IT

Walk through the Tornado of Chaos to prevent becoming overwhelmed, exhausted, or even depressed.

TECHNOLOGICAL DETOX

We are too connected to things instead of those who matter.



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ATTENTION ON THE POSITIVE

There is always a silver lining in chaos. Be still to see and hear it.



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NURTURE YOURSELF

Do something every day, even for just 10 minutes, that nurtures your soul.



Y

YOU TIME

Schedule self-care time daily! You are no good to others if you are not putting your well-being first. Remember, you must put the oxygen mask on yourself first.



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ATTITUDE OF GRATITUDE

There is always something to be grateful for, even when traveling through the darkest of times.

