



## Earth Love Month

### Day 13-15: Take care of yourself

Do something nice for yourself every day of this weekend.

The workweek is over, but for many of us our second work shift is about to begin: family responsibilities, kids activities, Spring Cleaning, etc. It's no wonder that we sometimes feel that we are more tired at the end of the weekend.

Commit to doing one restorative thing each day this weekend and make sure you take care of **all three types of self care needs: physical, emotional, and spiritual.**

This trifecta is like the legs of a three-legged stool. If you take care of one leg but neglect the other, the stool will fall. The same with our self-care.

**Bonus points:** find a way to connect your self-care with environment: exercise outside instead of the gym, plant a garden, or go somewhere with a beautiful view and marvel at the beauty of our planet.

