

REFILL YOUR CREATIVE WELL WITH

SELF CARE

GET ENOUGH SLEEP

Keep your heart healthy, decrease stress, feel more energetic, and help your memory with sleep.



MEDITATE

Manage stress, improve memory, help sleep, lower blood pressure, and decrease anxiety and depression with meditation.



TAKE A WALK

Increase vitamin D, increase energy, lower blood pressure, help keep the weight off, help combat anxiety and depression, and increase clarity by clearing the mind with walking.



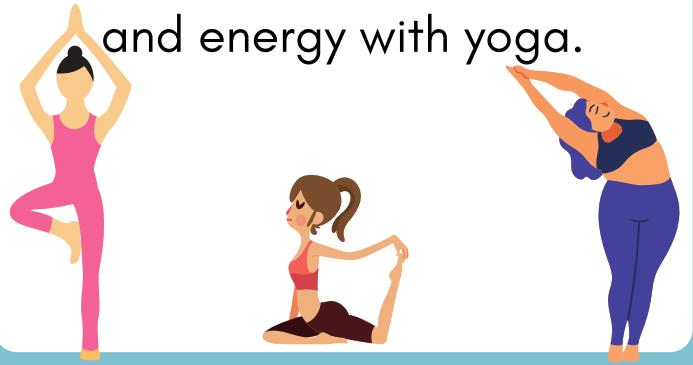
READ A GOOD BOOK

If you are on any type of writing journey, chances are you are a reader. Keep escaping into new worlds with books.



PRACTICE YOGA

Focus on your body in conjunction with your mind. Improve heart health, sleep, and energy with yoga.



DO SOMETHING FUN

Pick up a new hobby or activity or revisit an old one. Do more of what brings you joy.



HIT THE GYM

Regular exercise of any kind supports good health. The gym is one way to keep your body moving.

