

WEEK FOUR TOUR SCHEDULE

5/24 – STOP (IN THE NAME OF LOVE)

We often try to fill every moment of our lives with productivity, but in turn we push away the art of daydreaming. Make time today to pause and do nothing, preferably in a favorite spot, outdoors or near a window. Phones off!



5/25 – QUEEN (OR KING) FOR A DAY

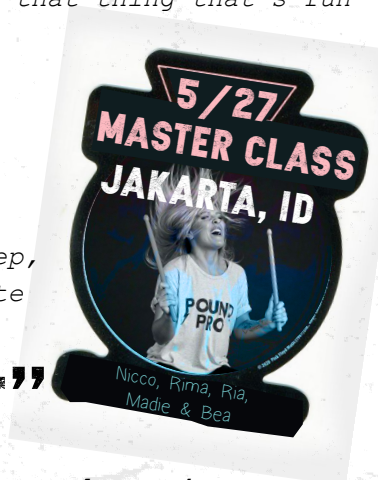
As the L'Oreal slogan famously goes, BECAUSE I'M WORTH IT (surround yourself with luxury).

5/26 – LET'S GET PHYSICAL

Caring for our bodies isn't just movement and nutritious food. It's making that dentist appointment. It's putting on body oil. It's that thing that's fun and makes you feel good and rhymes with REX. #selfcare

5/27 – POWER DOWN

If it wasn't obvious, sleep is self-care and two major sleep-disruptors are blue lights (technology!) and anxious thoughts. So power down those screens and instead of letting your thoughts control your mind and disrupt your sleep, let those babies escape to paper! Take 10 minutes before bed tonight to write out everything on your mind. ZZZzzzzzz



5/28 – ENGAGE IN “DELIBERATE REST”

Deliberate rest activities are mentally taxing yet help you relax and recharge. Things such as painting, playing chess, writing a poem, playing an instrument, etc. Pick a deliberate rest activity to participate in today.

5/29 – HUMAN CONNECTION

Social self-care may seem like an oxymoron, but identifying and making time for the people that inspire you, guide you and uplift you is a healthy habit to cultivate. List 5 people that fit the above criteria and reach out to at least 2 of them today.

5/30 – GET GROUNDED

Whether it's 5 mindful minutes or half an hour, carve out some green time. Leave the phone at home and go for a stroll. Breathe in nature, look at its colors, touch the earth with your bare feet and show it some gratitude. There's no better therapy than nature.

