



7 Self Care Tips



De-Stress

Exhale. You're probably holding your breathe. Now slowly inhale. Repeat 2 more times and bring yourself back to the present moment.



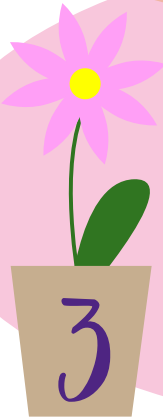
Sleep Better

Bach Flower Remedies - White Chestnut will give you "tranquility" and you'll fall back to sleep. Try 2 drops in water or in your mouth. I keep mine close my bed.
<http://bitly.com/AnimBridW Chestnut>



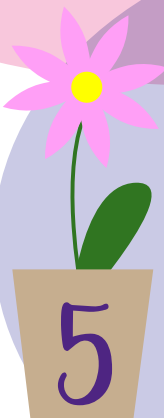
Device Mini-Vacation

Our phones, tablets, etc keep us on continual alert. Give yourself a 10-15 minute break and relax. At first, it seems hard and gets easier, and easier. Your body and mind will appreciate it.



Take a Break

Take a quick walk outside. Maybe around the block or parking lot. Look at nature. Breathe in the fresh air. Touch a tree. Look for birds. Helps clear your head. Feel the heat or cold on your face. Feel better.



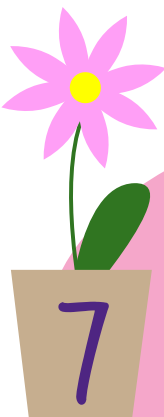
Relax

Flower essences are very gentle and really help with emotions. Stressed because of an emergency or just having a lot of things going on, try Bach Flower Rescue Remedies. It's gentle and just takes the edge off of life. Use the drops or the wonderful Pastilles (contain xylitol – keep away from your pets!)
<http://bitly.com/AnimBridRRPastilles>



Call a Friend

Remember when you would talk to your best friend on the phone for hours? You'd laugh and smile. Next time you go to text, try calling your friend. Hear the surprise in her/his voice. Reach out and feel the warmth of friendship.



Love Yourself

When you walk by a mirror, say hello to yourself. Say "I LOVE YOU! You're great!" You'll feel better when you do this. In public, you can whisper.

Free 15 Minute Phone Consult!

<http://bitly.com/AnimBridHelp>
animalbridges.com