

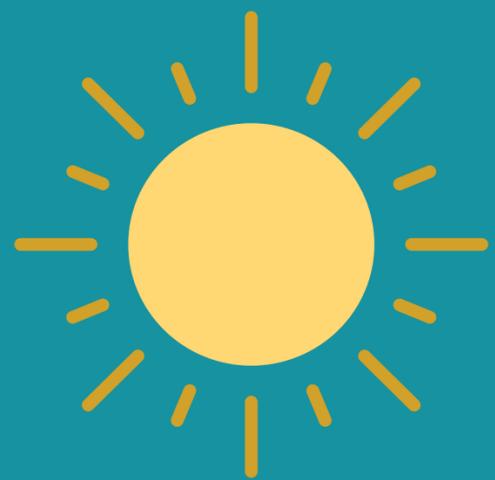
# YOUR *Enoughness* ACCESSORY

Manage your stress throughout your day to keep burnout away! These self-care tips take only a few minutes.



*Increase focus and mindfulness while decreasing stress.* Exhale 4 counts. Hold your breath 4 counts. Inhale 4 counts. Exhale 4 counts. Repeat!

Sit in the grass for 10-minutes. Notice the colors, smells, sounds, feelings and even tastes. And if there's a nearby tree, go hug it and exhale!   
*Nature is healing!*



Grab something frozen and place it on the side of your neck for 60-seconds. Change sides and hold for another 60-seconds. Exhale. *This is my personal favorite!*

Engage your diaphragm and belt out... Happy Birthday to you! Happy Birthday to you! Happy Birthday, *DEAR* YOOOUUU...   Happy Birthday to you! Repeat 3 times!



Remember this throughout your day... You are ENOUGH and you can move through stressful situations with the right tools. Practice these. Love yourself. XOXO

*Carrie*