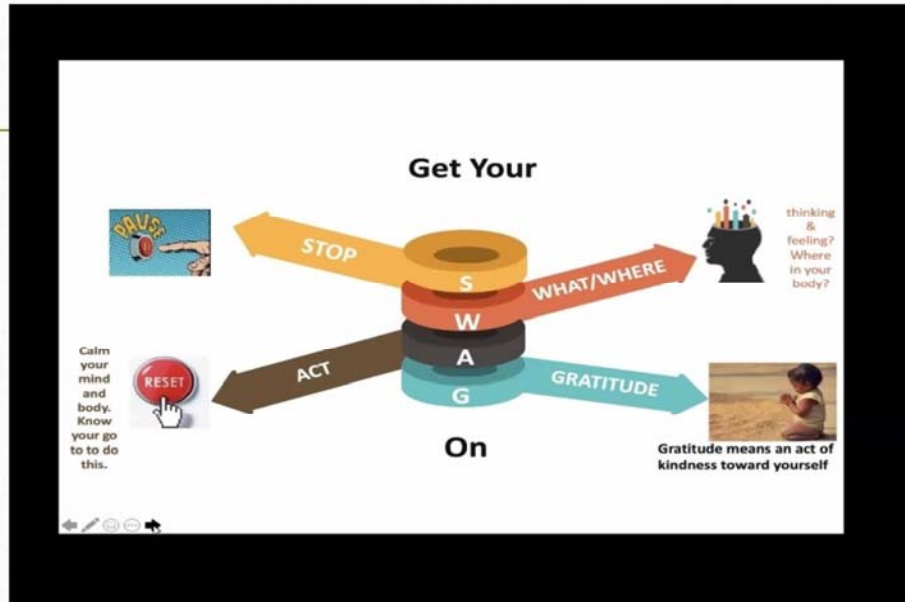


Get Your SWAG On!



Tips to Get Your SWAG On!

S	W	A	G
Take breaks Alone time Shorten 'to do' list	How's my heart Posture/stance	Get moving Sleep routine	Compassion Kindness Affirmations/Mantras
Adjust/cancel outings Limits/boundaries	Story I'm telling myself Past/Present/Future	Reach for supports Culturally Resp Care See a Professional	Doing your best Light in the dark
Breathe!!!!	What is my attitude? Open to options Manage Expectations	Go to self care practices What has helped before	Looking forward Honor your experience
Tune out/Turn off 'No' is a full sentence	Half full/Half empty Silver lining	Art, Nature, Read Activism, Prayer	Gratitude AM/PM (routine / journal)