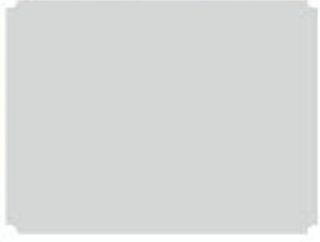
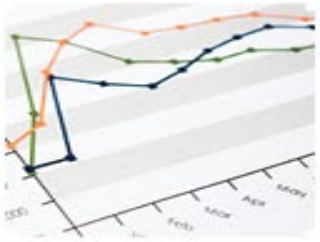


To Care for others, you must care for yourself first



Love More in 2024!

Happy New Year



- More love for others
- More love for yourself
- More love for what comes to you (your circumstances)
- More love for your community
- More Connections

Self Needs- Self Wants

Forget what you THINK you need so you can KNOW (or figure out) what you really NEED

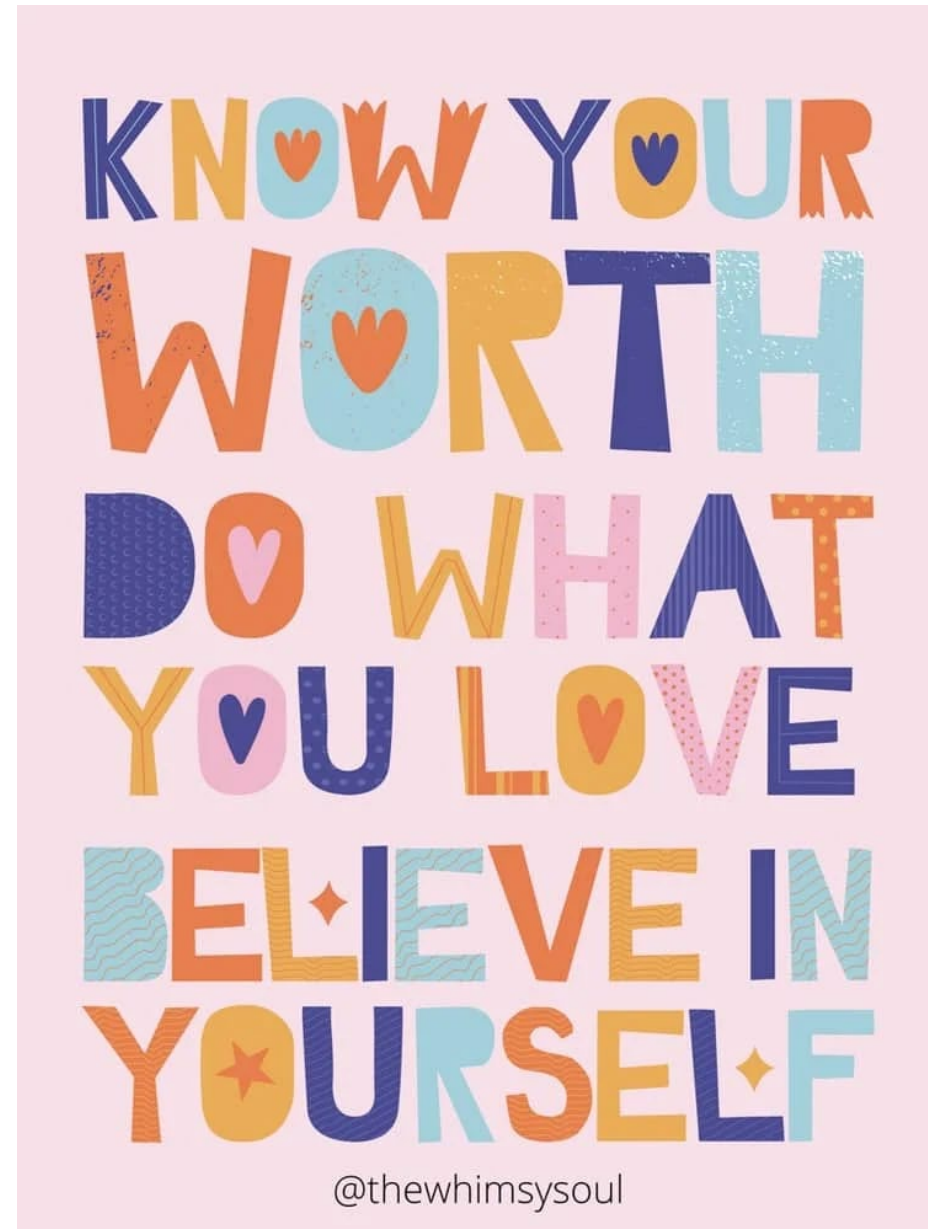
Do things for yourself and others with intention

Start a self-growth or motivational podcast like Gabby Bernstein or Dr. Santos (the happiness lab)

Take time for you: Listen as you get ready in the morning or go on a walk

List needs and wants- know the difference that is the hard part sometimes.

<https://www.betterup.com/blog/motivational-podcasts>



Taking Care of Others begins by taking care of ourselves

- Read
- Smile
- Eat Healthy
- Find your balance- Yoga or Meditate
- Ground yourself
- Be in or near water
- Spend time with furry friends
- Look at the stars
- Create (art, draw, write)
- Go out in nature
- Hug Someone
- Say no when you need to
- Show yourself kindness and love
- Talk to friends
- Take a Nap
- Drink more water
- Enjoy a treat



Winter Self-Care

30 DAY CHALLENGE

1 MORNING WALK 	2 COOK FAV COMFORT DISH 	3 BATH RITUAL 	4 FIKA MOMENT 	5 SOAK UP THE SUN 
6 SLEEP-IN AND DO NOTHING 	7 ZOOM EVENT WITH FRIENDS 	8 FOOT MASSAGE 	9 BREW A HOT DRINK 	10 LISTEN TO MUSIC AND DANCE! 
11 STRETCH 10 MINS 	12 FACIAL MASK 	13 SQUARE BREATHING 	14 MOVIE MARATHON 	15 ORDER-IN 
16 CREATIVE PROJECT 	17 EXERCISE 15 MINS 	18 EXFOLIATE AND MOISTURISE 	19 GUIDED VISUALISATION 	20 DECLUTTER ONE AREA 
21 EAT HEALTHY ALL DAY 	22 JOURNAL FOR 15 MINS 	23 CALL A FRIEND 	24 8 GLASSES OF WATER 	25 SET A PERSONAL GOAL 
26 DIGITAL DETOX 	27 3 THINGS YOU'RE GRATEFUL FOR 	28 MINDFULNESS PRACTICE 	29 READ A BOOK 	30 BAKE A SWEET TREAT 

JESSIEJWANG.COM

NOTE TO SELF:

Love yourself
more

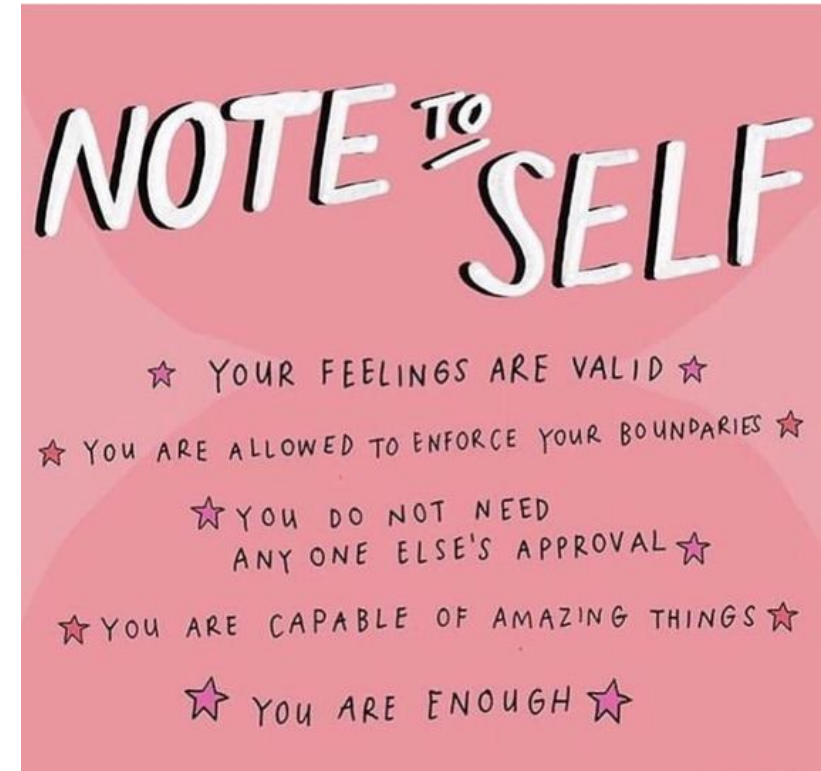
@dMadox

Story Boards- Team Initiatives

Team Commitment- Team Goals

- *Turn obstacles into opportunities*
- *Visualize your goals*
- *Write them down*
- *Display your goals where you can always see them*
 - *Mirror*
 - *Desk*
 - *Refrigerator*
 - *Car Dash Board*
- *Celebrate your accomplishments*

Individual and Team Accomplishments



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