PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.

GO OUTSIDE
[or look outside]
perspective, context + something larger than this.

BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now, that is going well?

DETOK
if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort:

METABOLIZE ALL YOU ARE EXPERIENCING
re-regulate your nervous system.

SIMPLIFY
[less is more]
be aware of decision
fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.

LAUGH
pure humor = a sustaining force.

FOSTER HUMILITY & EXTEND GRACE
self-righteousness + hubris’ = unhelpful.

SLEEP
to cleanse + repair brain + body.

CLARIFY INTENTIONS
how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE
[with yourself]
be mindful of the quality of your presence, it means so much
to others.