

Element Four – **KINDNESS TO SELF** – 4TH Quarter

This quarter focuses on kindness to you. Take time to mindfully take care of yourself and show kindness. By caring for you, you replenish your resources that allow you to be kind to others. Research tells us that when we act kindly to others, we feel better.

- **Fuel your body** with nutritious food and stay hydrated. Avoid sugar, unhealthy fats and heavily processed foods when possible
- Ensure you get adequate **sleep** (the recommended amount for adults is 7 to 8.5 hours per night – www.webmd.com)
- **Exercise** each day to maintain both physical and psychological well-being. Simple stretching each day helps to connect your mind, body and soul
- **Relax** and **have fun** – be mindful in managing a balance in your life, work, study, service and fun.
- **Manage your self-critic.** Is your inner voice a harsh critic? Be kind to yourself by recognizing your achievements and best efforts (regardless of outcomes)
- **Practice gratitude** – take a few moments each day to be aware of the 'good stuff' in your life. It can be as simple as giving thanks for great weather, an easy commute, the support of a great friend, a new experience, good health, loving family etc.