

10 Ways to Refill Your Cup

YOUR NEEDS MATTER TOO

1. Schedule morning yoga

10-minute morning yoga via YouTube



2. Do a quick meditation

Body scan; happy place

3. Prioritize one goal for yourself

One small step you can finish by day's end



4. Extend good moments

Focus on that good feeling for 20–30 sec

5. Delight in your children

Their smile, small hands, concentration, joy



6. Get a drink of water

Let the kids know you'll be right back

7. Dance

Pick your go-to feel-good song



8. Use your 5 senses

Photos, running water, fidget spinner, lavender, tea

9. Tap away negative feelings

"Even though..., I am more than enough."



10. Use coping spinner

Let the spinner decide for you

