### Taking Care of Self
- Engage in **personal care**.
- Make a **good meal**.
- Take a **quiet bath**.
- Follow a **daily exercise routine**.
- Continue your **healthcare regimens**.

### Meditation
- Spend some time doing **breathing exercises**.
- Take a moment to **focus on the things you love**.
- **Meditate** before bed or before starting work.

### The Four Agreements
- Communicate with **intention** and **positivity**.
- Don’t take **things personally**.
- Don’t make assumptions about anything. Instead, **ask questions**.
- Always do your best.

### Coach Yourself
- Schedule breaks for **self-affirmation**.
- Use **positive statements** to motivate yourself.
- Remind yourself that you **are capable of adapting** to new circumstance.

### Keep & Maintain Other Interest
- Make time for your **hobbies and interests**.
- Reach out to your **friends and family**.
- Learn a **new skill**.

### Stimulation Activities
- **Sing** and **dance** to music.
- Take a **walk** or go for a **car ride**.
- Complete a **puzzle**.
- Play a **game**.

### Play the “No Blame Game”
- Don’t agonize over guilty **feelings**. Use these moments to change your behavior.
- **Accept** that some situations are out of your control.
- Don’t **point fingers**, even at yourself.

### A Personal Note

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