

BE KIND TO *yourself*

Physical

Exercise, get enough rest & practice hygiene.

Emotional

Participate in hobbies,
do something comforting & laugh!

Financial

Plan, pay bills & treat yourself when you can.

Professional

Create balance, learn something
new & take breaks.



Social

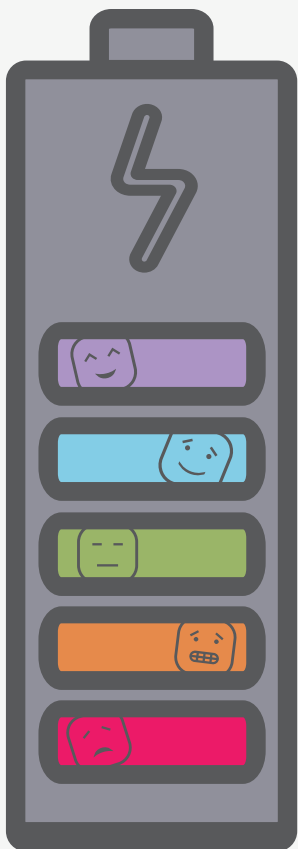
Set boundaries, communicate
& make time for relationships.

Spiritual

Journal, meditate & spend time in nature.

CHECK YOUR BATTERY

How are you currently feeling?



FULLY CHARGED

You're doing great,
keep it up!



FEELING GOOD

Keep up progress or try
a new self-care habit.



MEH

Take time to practice
self-care you have
already established.



LOW

Identify the area that
needs the most charge,
focus on that today.



EMPTY?

Check out our website
or give us a call. We're
here to support you!



Colorado Spirit is your local free COVID-19 support team to help you understand and cope with the pandemic. Check out our website for **free** tools/tips and our contact info or call us (970) 494-9941.



SummitStoneHealth.org/ColoSpirit