

# TENDER LIST

*Ideas to help nurture you*

*Pick as many as you'd like, or create your own to ensure you are tending and being tender to yourself daily*

- Hydrate. Set alarms for water intake.
- Just be. Sit with whatever it is you're feeling. There's a reason why it's being felt. Sit and feel. Do not try to make it go away. Do not try to force it. Let it be.
- Stretch. Remind your body of what it can do.
- Care is important! Make an appointment with your doctor to stay on top of your whole self.
- Touch parts of your body and tell them "thank you" for their hard work day in and day out.
- Take yourself on a mindful walk. What are you smelling, seeing, hearing, tasting, and touching on this walk?
- Wrap your arms around yourself and squeeze. Alternatively, put a heavy pillow or weighted blanket on you and Breathe.
- Talk to you as you would talk to your friend. What advice would you give?



**TYSAH**  
Treat Your Self And Heal