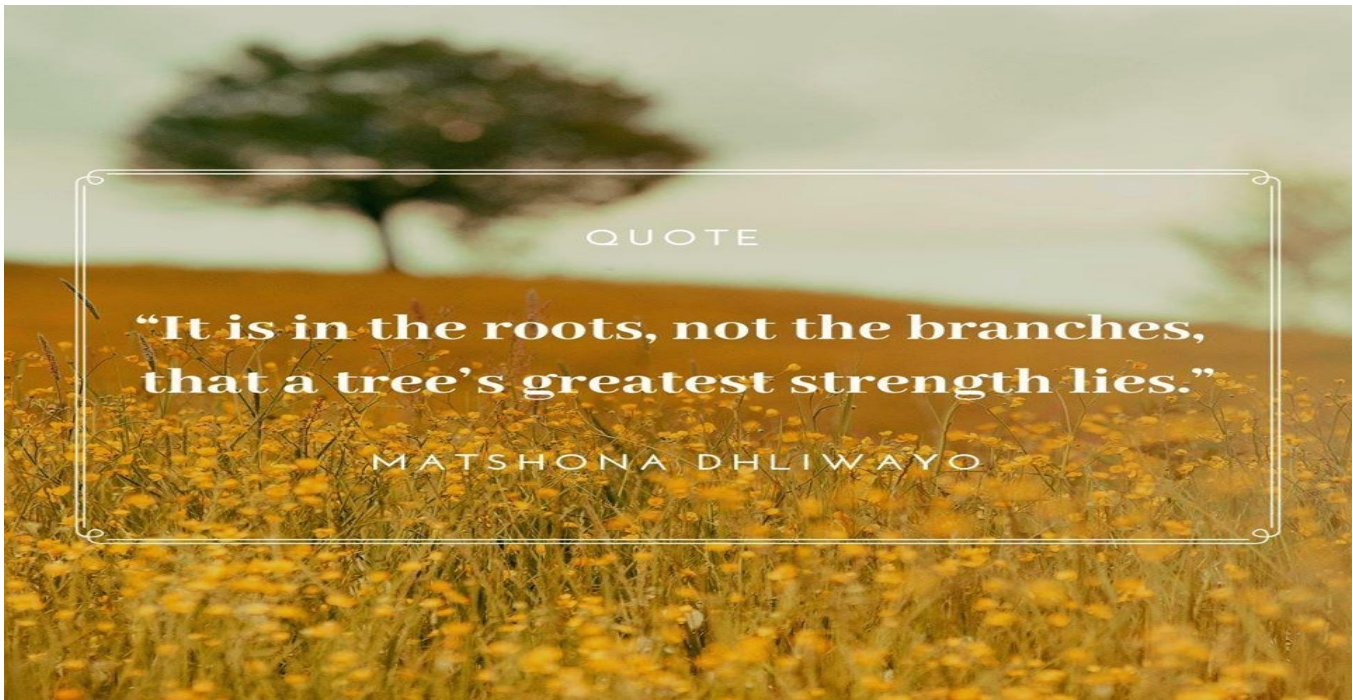


Self-Care And The Tree



A tree's beauty lies in its branches, but its strength lies in its roots. Matshonda Dhliwayo
Do you have some ideas on how to feed your roots? Oral and/written.

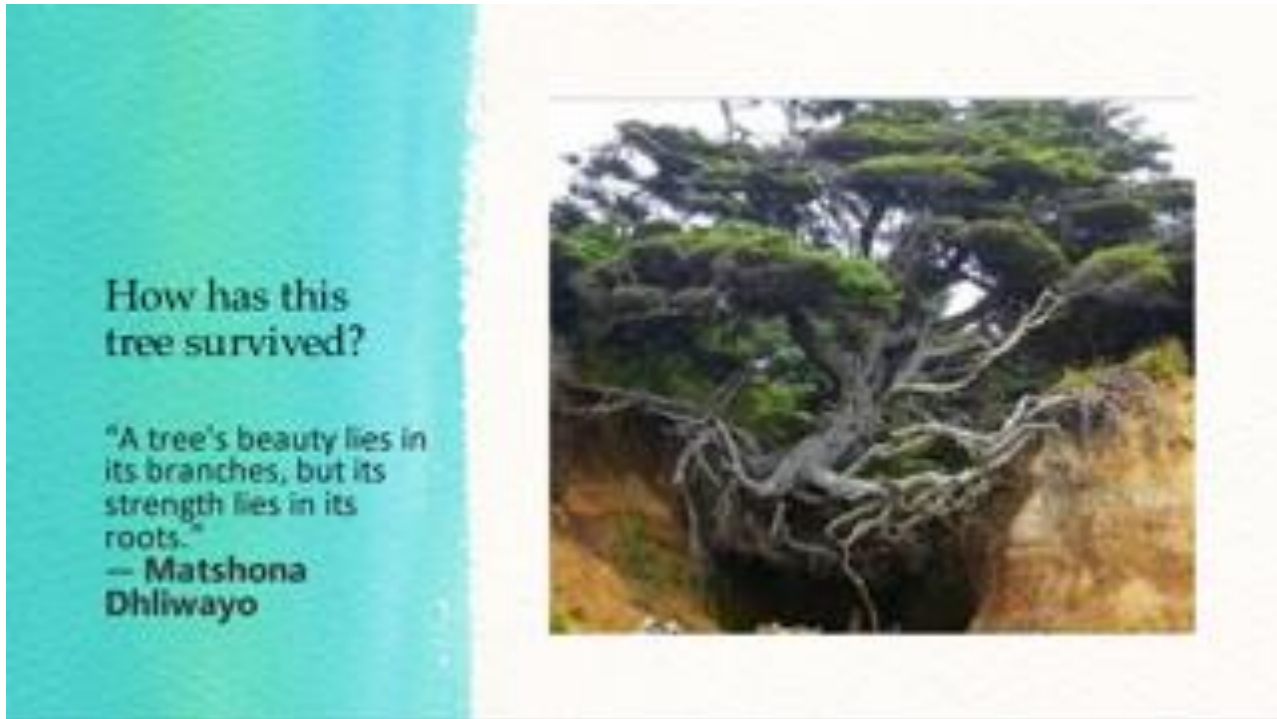
Feeding the (Your) Roots- Water At Least 64 ounces a day

Nutrients – Right Foods – Proteins, Fruits and Vegetables

Fresh air – Oxygen – Outside for 10-30 minutes a day

Sunshine – Vitamin D -Helps with depression, Helps you think better, feel better.

About the Tree



What are some ways of being flexible/adapting to your environment and why is that necessary? Verbal and written answers?

Can you think of how people can be inflexible and how that hurts them? Verbal and written answers?

Backup Plan -Don't carry all your eggs in one basket?

"Be flexible like trees; when the wind blows bend, but do not break." "An inflexible tree breaks in a storm."

— Matshona Dhlwayo

Food for thought on Self Care:

"ADAPTABILITY is the #1 competitive advantage that really matters in the 21st Century"

It is the new Resilience." Tony Dovale – LifeMasters

How can being adaptive help you in the 21st century with your self care?

Verbal and written answers?