

# Dawn Campagnola, LMFT #80099

Specializing in Women's Empowerment

Certified Daring Way Facilitator

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## Ways to practice self-care:

Hold a boundary

Eat a healthy meal

Reframe a negative into a positive

Take a walk

Call a loved one

Read something inspirational

Do less

Meditate

Take a yoga class

Connect with loved ones

Be gentle to yourself and others

Drink a cup of tea

Practice positive self-talk

Take a nap

Let go of judgment

Be compassionate to yourself

Get a massage/facial/manicure/pedicure (or better yet all!)

Identify and practice your values

