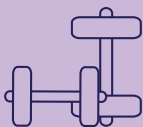


Spring into Self Care

Tips for a happier, healthier
you this season!

Physical

- Drink more water
- Start a workout routine
- Maintain a healthy diet



Learn

- Take a virtual class
- Listen to a podcast
- Learn a new language



Connect

- Facetime a loved one
- Plan a virtual date night
- Connect with a friend



Mental

- Prioritize sleep
- Turn off your phone for a day
- Take breaks from the news



Reduce Stress

- Indulge in 'me time'
- Practice breathing exercises
- Do something regularly
that brings you joy



Try a New Hobby

- Keep a journal
- Start a craft project
- Learn to garden



Find Balance

- Balance routine & flexibility
- Practice gratitude
- Be mindful & focus on
the moment



Spring Clean

- Clean out a closet
- Organize the garage
- Rearrange some of your
furniture



Lawyers Helping Lawyers

A Rhode Island Bar Association Member Benefit. For more information, visit our website at ribar.com, and the *Do You Need Confidential Help Quick Link*. Also, learn how to log in to *Coastline EAP*, a private non-profit consulting service contracted by the Association to assist you at no charge.