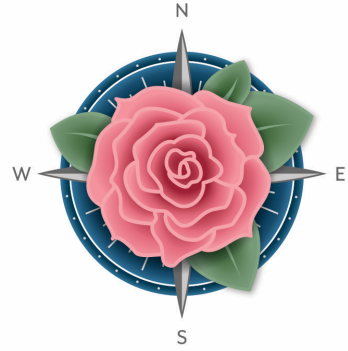



SOPHROSYNE WELLNESS

Supporting you through your wellness journey.



B	I	N	G	O
MAKE A GRATITUDE LIST	COMPLIMENT SOMEONE	READ A POSITIVE AFFIRMATION	WORKOUT	DECLUTTER ONE SPACE
TRY SOMETHING NEW	SPEAK TO SOMEONE WHO NURISHES YOUR SOUL	HYDRATE WITH PLENTY OF WATER	GET A FULL NIGHT'S REST	HUG A PET/LOVED ONE' OR TELL SOMEONE HOW MUCH YOU CARE ABOUT THEM
CREATE SOMETHING	ESCAPE INTO A GOOD BOOK FOR FUN		PRACTICE SELF-COMPASSION	SPEND TIME OUTSIDE
GO FOR A WALK	TAKE A SOCIAL MEDIA BREAK	WATCH A MOVIE	TAKE A NAP	COMPLETE A MEDITATION PRACTICE
PREPARE A NUTRITIOUS MEAL	STRETCH FOR 10 MINUTES	JOURNAL ABOUT ANYTHING	DO A MINDFULNESS PRACTICE	GIVE YOURSELF A COMPLIMENT

Instagram: @SOPHROSYNE_WELLNESS
 Facebook: SOPSHROSYNEWELLNESSCOACHING
 Website: SOPHROSYNEWELLNESS.COM