Strength Happens
PODCAST

🌿 Reflection Prompts

Take a quiet moment to pause and check in with yourself:

1. What does self-care look like for you right now?

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2. What's one small way you can care for yourself today?

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3. When was the last time you said "yes" to help—or let yourself rest without guilt?

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✨ Simple Self-Care Ideas

Try one today:

- Take three slow, deep breaths before re-entering the room.
- Step outside for two minutes of fresh air.
- Drink a full glass of water.
- Journal for five minutes before bed.
- Say "no" to one thing that drains your energy.
- Reach out to a friend or caregiver group for support.

😮‍💨 Remember You're Not Alone

- You deserve rest, care, and joy—not someday, but today.
- Start small. Give yourself permission.
- Your well-being matters just as much as the care you give.