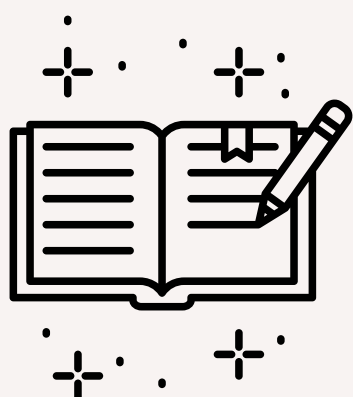


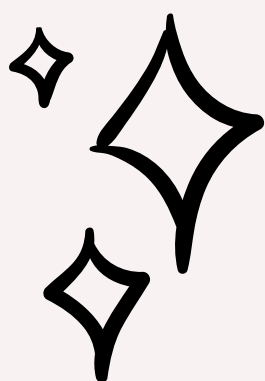
INTROVERT SELF-CARE STRATEGY REMEMBER TO RECHARGE

If you've been working remotely and will be transitioning into an office environment or cooperative space, consider the following tips!



1

START A JOURNAL.
WHAT MAKES YOU FEEL
BETTER & WHAT MAKES
YOU FEEL WORSE?
DO THE THINGS YOU LIKE.



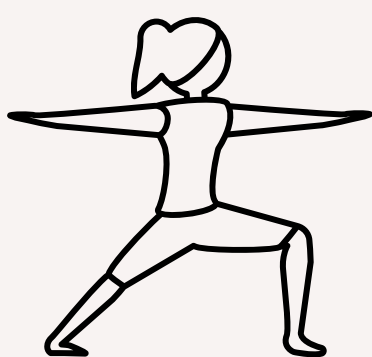
2

SIMPLIFY, ORGANIZE,
ELIMINATE.
ORDERLINESS &
PREDICTABILITY BRING
PEACE & CALM.



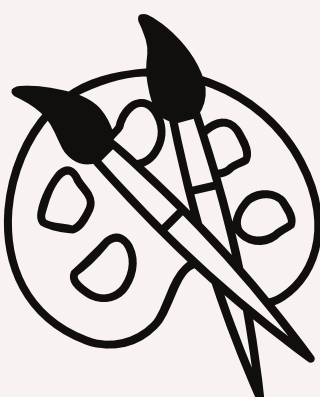
3

AVOID MULTITASKING.
FOCUS & COMPLETE
TASKS BEFORE
SWITCHING WHENEVER
POSSIBLE.



4

TRY MASSAGE, YOGA
MEDITATION, TAI CHI,
OR ACUPUNCTURE TO
RELAX & RECHARGE.



5

FIND TIME (EVEN 30
MINUTES!) EACH DAY TO
ENJOY WHAT FUELS YOU.
MUSIC, EXERCISE, ART,
BOOKS, GARDENING,
SAUNA, RELAXING BATH...



6

GET ENOUGH
RESTORATIVE SLEEP
CONSISTENTLY.