

RECIPE FOR *Coming Back to Myself* ♥

INGREDIENTS

- ✓ One hot coffee
- ✓ Fresh air
- ✓ A walk
- ✓ Five minutes of silence
- ✓ A good laugh
- ✓ One person who understands me
- ✓ Permission to slow down



METHOD

When life feels overwhelming...

- Take a deep breath.
- Reduce the unnecessary.
- Step outside.
- Remember who you are.
- Repeat as often as needed.

—♥—
"Best served slowly." ♥
—♥—

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