Self-Care Sustainability Plan

Self-Care requires us to build and maintain realistic daily practices. Setting goals that are empowering and are based in self-compassion are key when developing our plan. Building individualized self-care plans help us to identify our needs and integrate practices that allow us to maintain a work/life balance and live full lives.

“When you say yes to other people make sure you are not saying no to yourself”
-Paulo Coelho

Need some self-care support? Reach out to the Sanar team to learn about additional customized wellness solutions for organizations.

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