

Top Nine Tips For Unplugging to Recharge

1. Wake up early, head out into the yard with a journal, a good book and a plan to be well.
2. Focus on ruthless self-care.
3. Take a “sense” nature walk with my adorable dog, Holly. I will feel my feet on the ground, listen to the sounds of summer all around me, and yes, take the time to smell the roses.
4. Feel grateful to be alive and healthy.
5. Create a peaceful evening ritual and go to bed early.
6. Set strict boundaries around using my phone for non-emergency engagement.
7. Asking “what do you want to do ?” And within the parameters of reality, can you make that happen?
8. Be fully present in the moment.
9. Take time to party, celebrate, and laugh.