



moss wellness

## **Self-Nourishment Menu**

Write down as many activities that you can think of that "feed" you but don't involve food. What can you reach for when you are feeling stressed, tired, or simply need to recharge your batteries? Some examples of healthy, nourishing activities might include calling a friend, taking a tea break, stepping outside for a 10-minute walk in the fresh air, taking a yoga class, getting a 10-minute massage, or buying yourself flowers. Be creative and write down ideas that inspire you and that you look forward to trying. Reach for this list when you need some inspiration and rejuvenation instead of reaching for the cookies!

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