EMOTIONAL WELLNESS DOESN’T HAVE TO BE A FANTASY

UNICORN TIPS FOR EMOTIONAL WELLNESS

UNICORNS:
• Need their beauty sleep. Be sure to get 7-9 hours a night.
• Know healthy nutrition is essential. Eat lots of whole grains and vegetables.
• Like their muscles to sparkle in the sun. Get 20 minutes of exercise at least 4 days/week.
• Know their worth. Practice loving kindness toward yourself.
• Don’t hide from challenges. They face them.
• Love good company. Don’t isolate yourself, spread the love!

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