

GAS TANK Guidelines



7 Simple ways to manage stress

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G - Gratitude

A grateful heart and mind is a peaceful heart and mind. Consider beginning a Gratitude Journal.

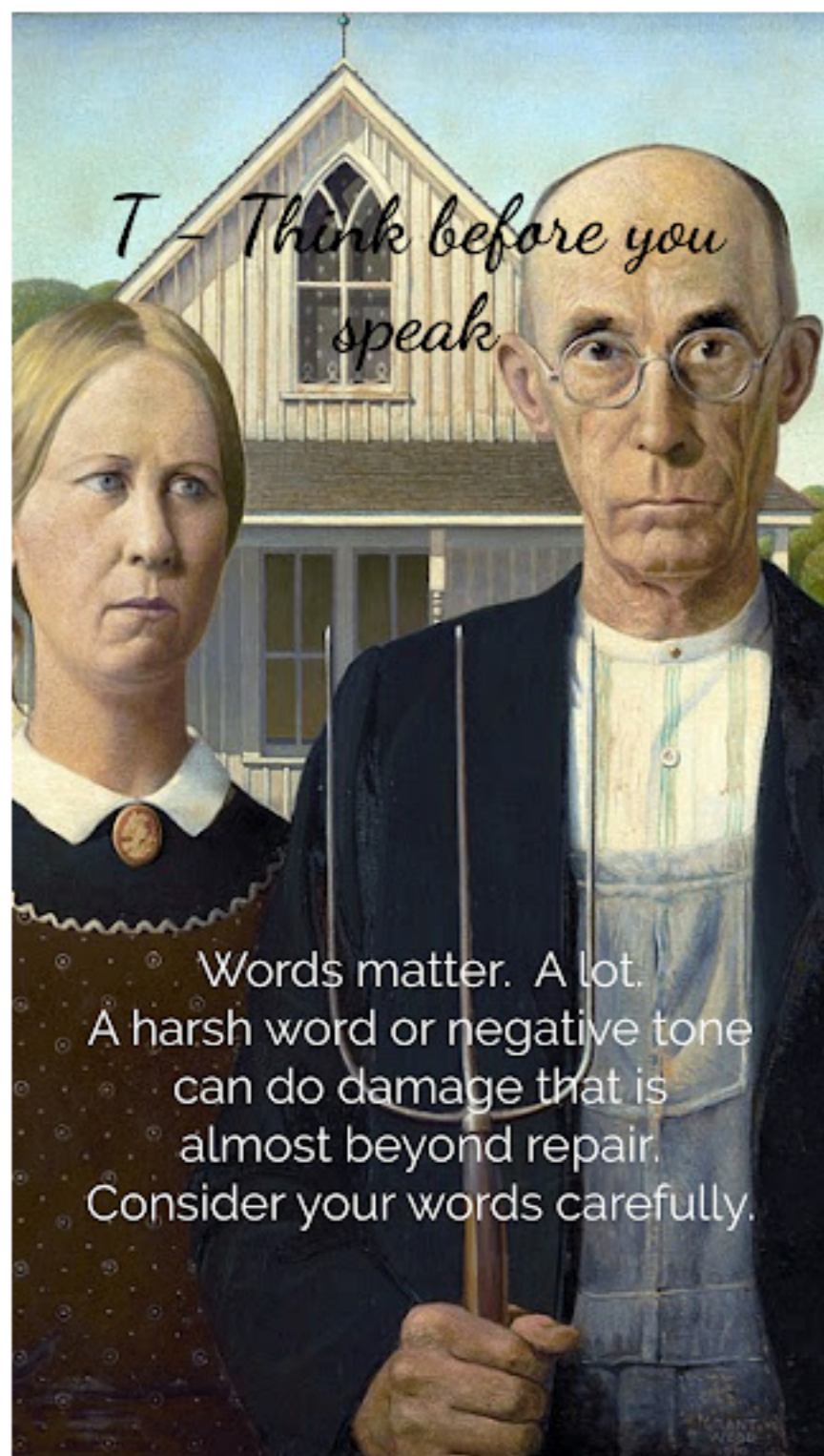
A - Awareness

Consider spending a bit of time each day, intentionally becoming aware of yourself, your breath, and your surroundings.

S - Simplicity

Consider the simple pleasures in life. Don't take anyone or anything for granted.

T - Think before you speak



Words matter. A lot. A harsh word or negative tone can do damage that is almost beyond repair. Consider your words carefully.

A - Activity

Our bodies are meant to move.

- Dance.
- Walk.
- Swim.
- Move.

N - Nurture Yourself

We need to give ourselves care and attention as we live in this stressful world. Take time to rest. Relax.

K - Knowledge

Seek knowledge to fill your gas tank with wisdom. Wisdom encourages positive actions and decisions.