



No Stress Sundays

with Dr. B

May 9, 2021

Self Care



Our values play an important role in defining who we are and in how we interact with others. Take time today to reflect on your values. Contemplate these aspects of yourself and how they define your mindset and everyday actions. This helpful [checklist from Psychology Today](#) is a place to get you started.

Compassion



Honor your Mother with her favorite flowers, or an in-person visit. Consider arranging a Zoom call with the family so Mom knows how much all of you care for her. If your Mom has passed on, place some flowers next to her photograph and inwardly offer her your gratitude.



Looking Ahead

In the past year and a half, we've all had to adapt to many changes and learn many new things. What have you learned about yourself? What have you learned about life? As we slowly emerge from the pandemic, how will you use these lessons to help yourself and others?



Good News

Make a list of all the things you've wanted to do this past year. Imagine bringing them to life. Special for teens and college students: you've been sheltered in place for many months. Time to get out of the house! Check out [this link from College magazine for more ideas](#).