

Treat Yo Self Resources

Start the Day with Intention

- ☆ Savor your first waking moments in silence
- ☆ Drink water before caffeine
- ☆ Listen to a podcast or songs without lyrics that give you good energy. Heavy rotation on Starkey's Spotify:
 - [Food Heaven](#) Podcast
 - [Pas De Trois](#) by Roy Hargrove (chill)
 - [War](#) by Hypnotic Brass Ensemble (hype)
- ☆ Write and say *out loud* a daily affirmation
 - I am _____
 - I have _____
 - I am worthy of _____

Meditation

Wherever you are, pause and remember, in stillness your SOUL will guide you.

Slow your breath
Observe your surroundings
Use your other senses – smell, hear, etc.
Listen to your heart and inner spirit

Meditation Apps: [Insight Timer](#) and [Liberate](#)

Therapy

If you are seeking support with mental health services, it can be helpful to ask someone you know and trust for a referral. Your company may also have an Employee Assistance Program (EAP) benefit which provides free counseling services.

Watch [this video to hear me answer common questions](#) about counseling services. It was made and produced by my employer, ComPsych, an EAP provider.

Fresh Air, Always

Get outdoors daily. Walk, bike, hike, play or simply step outside! Here is my 2 minute read for more resources [Nature's fix: Being outdoors can be a balm for your soul.](#)