TOP 10 WAYS TO SHELTER FROM THE STORM

Go outside
• TGF the weather! We have been cooped up inside, try a session outside.

Find your safe space
• What rooms make you feel safe at home? Your kitchen? Your bedroom? Have time in this space.

Create Sacred space and make it yours by having personalized items nearby
• A photo of someone who has inspired you to be here
• A notebook to journal when you feel inspired
• A book/jewish text/poem or something that is getting you through your days

Awaken your senses to make space feel your own
• Light your favorite candle
• Lay a special table cloth down
• Have some flowers

Have activities around that help you focus
• Fidgets-silly puddy- holler!
• Coloring book with some pencils

Cozy up with a preferred hot beverage
• Tea (add mint or ginger for extra comfort)
• A fancy #instagram coffee drink
• Hot chocolate because... why not?

Utilize your kitchen and gather the savory and sweet!
• For spice- Chips and salsa
• For fuel- carrots/crackers and hummus
• For sweet- chocolate- any kind

Scent your way through the conference
• Need to refresh? Use some citrus peel
• Need to warm up? Cinnamon or cloves
• Need some calm? Lavender or Rosemary
• Need to wake up? Mint, tea tree or eucalyptus

Wear...what you want! Be yourself
• Your power color
• Fancy on top, pjs on the bottom
• Rain gear?

Move Your Body
• Dance, stretch and take time to move throughout the day