

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



Safety Respect Equity