

# Self-Care “REFRESHER”

AWISA Conference

Spring 2017

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REFRESHER is a collection of Therapeutic Lifestyle Changes (TLCs), each of which support wellness as well as, and at times more effectively than, therapies using medicinal drugs. It can be used as a checklist for holistically taking care of wellness

**R** – Relationships

**E** – Exercise

**F** – Fun (recreation & enjoyable activities)

**R** – Relaxation & stress management

**E** – Eat well (nutrition & diet)

**S** – Sufficient sleep

**H** – Helping others

**E** – Earth (time in nature)

**R** – Reason / sense of purpose (religiosity & spirituality)