

SELF CARE TO-DOS

monday tuesday

SELF CARE TO-DOS

SELF CARE TO-DOS

wednesday thursday

SELF CARE TO-DOS

SELF CARE TO-DOS

friday weekend

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THINK REST, RELAXATION, CREATIVITY, MUSIC, MOVEMENT, FUN, YOUR PEOPLE/PETS, & ANYTHING ELSE THAT FILLS YOU UP!!! ☺

BEING WELL WHILE DOING THIS WORK WELL

BUILDING TRAUMA SENSITIVE SCHOOLS

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