



**“My Rose,
Thorn,
Bud &
Peach”**





Rose

**Something good happening right now;
Something you are proud of;
Something working for you.**





Actions

Yogurt
(Probiotics) &
Prebiotic Sodas

Less
Social Media

Earbuds





Internal Changes

Agency/
Internal Barometer

Holding Loosely



1, 2, 3



In our home recently we have started a new 1, 2, 3 approach to our days we we feel overwhelmed.



1-**Take care of you**-eat, drink water, get rest,
if there is a way in which your body is screaming at your "I need ____"
food, water, to pee, to move, to close your eyes for 30 seconds- listen to it

2- (a)If there is something on your calendar or to-do list
that has a finite **deadline**, spend time on that next and
try to get to a place where your brain feels more relaxed about it.

2-(b) If you do not have any pressing deadlines,
then focus on what is right **in front of you**-literally.
The pile of laundry, emptying the dishwasher, sorting the mail.
Clutter and disorder around you can lead to added overwhelm,
set a timer 15, 10, even 5 minutes and dig in on what your eyes can see.
Often if I start this way I can get at least one small area declutter
and that leaves me feeling accomplished & calmer:)

3-**Do something light/fun...**

dance to a favorite song, eat a piece of chocolate,
pet your dog, give a hug, place a short game on an app
anything that is short in time but big in boost.

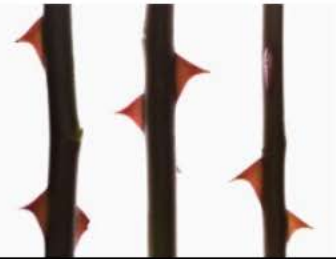
After that do a **bandwidth check and repeat** if needed
or move on to another item on your list and repeat as needed:)





Thorn:

Something challenging for
you right now; an obstacle;
something you need to deal
with (or maybe can't control
and need to accept)





Chronic

Stiff Legs

Sleep/Hot

Winter Coming





Acute

My Brother's Surgery

Dentist

Interim





Bud:

Something upcoming for
you, new and
forthcoming. Could be
positive or negative.





In Relationship to
Others

Graduation

Independence

New Job/Move





For Me

Outfit Prep

Solstmas

Sunsetting Farming





Juicy Peach:
The fun wild card!
Something fun and
practical under the
wellness, body mechanics
and mental health category
that you think others will
find helpful.





Self Expressions:

Scream Therapy



“I am where I am supposed to be”

No “fine”, “complaining”, or “control”!

