



When I dare to be powerful - to use my strength  
in the service of my vision, then it becomes less  
and less important whether I am afraid.  
Audre Lorde

1. take deep breaths.
2. watch a favourite movie that makes you laugh.
3. bake cookies.
4. go for a walk somewhere you enjoy.
5. phone or visit an old friend.
6. get a good book from the library and read it somewhere cozy.
7. cook your favourite foods - find a recipe online or look through cookbooks at a book store.
9. meditate, pray - nurture your spiritual self.
10. soak in a hot bath.
11. dance to your favourite music.
12. take time to appreciate yourself.



There is a crack in everything — that's how  
the light gets in. Leonard Cohen