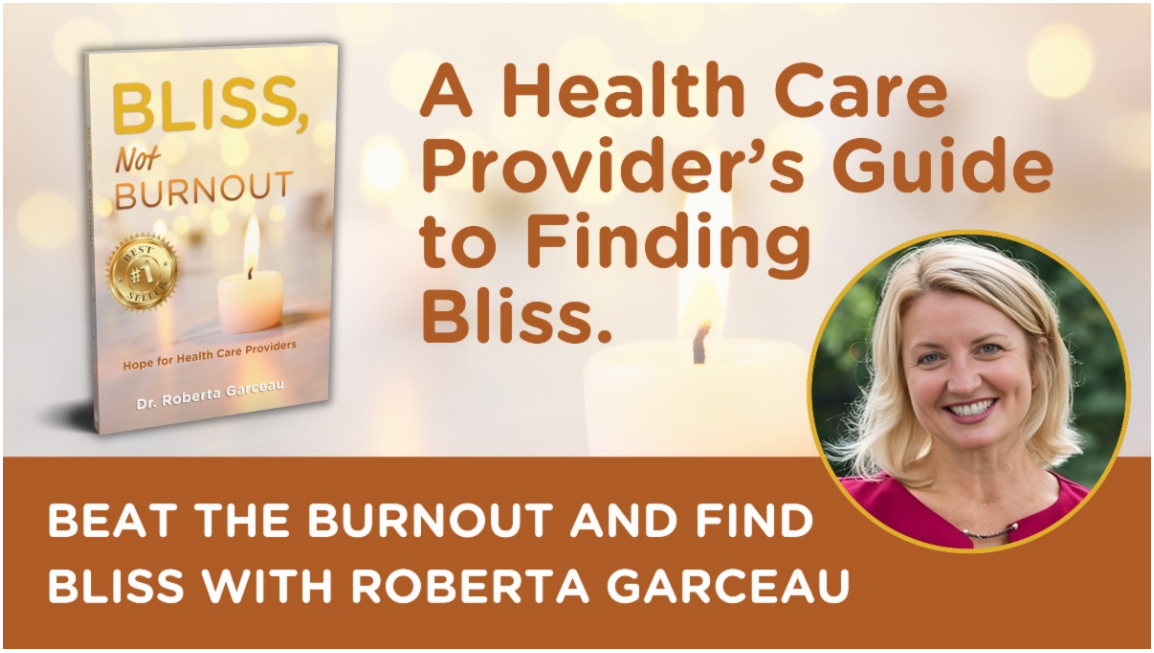

Hey, it's Roberta here! Just a quick note to remind you to give yourself Grace today. It took an ice and freezing rainstorm to confine me indoors, and it was just the nudge I needed to sit and relax. Sitting with my dogs, a mug of warm coffee, a good book (I love reading books from other inspirational authors), and a cozy fireplace made the perfect setting to slow down and simply "be."

In my book *Bliss, Not Burnout: Hope for Health Care Providers,* we're reminded:

"The #1 thing you can do to improve and preserve your positive health is to slow down, get reacquainted with yourself, and practice self-care and self-compassion."

If you'd like a little help with settling yourself in just a couple minutes, check out timestamps 2:50-5:20 in my Vata Validating Yoga video below:

https://www.youtube.com/channel/UCl0m4XjojRLYkmGu7mKMU0w

Wishing you joy and wellness,

Roberta Garceau

PS: I understand that email inboxes can get pretty crowded. With respect and consideration for your time, I send only two emails per month. You can expect one that is mainly a check-in about goings-on and any workshops/offerings, and another (similar to this) that focuses on simple, actionable steps to enhance your health, function, self-esteem and overall well-being. You can reach me at **roberta@drrobertagarceau.com.** I look forward to your feedback

Scan the QR code below or visit **https://geni.us/BlissNotBurnout** to purchase a copy of *Bliss, Not Burnout.*