

# Unconditional Support

## 4 SIMPLE WAYS TO NURTURE YOURSELF AND KEEP YOUR SANITY

Here are four ways to help keep balance in your daily life, so you are able to be there for yourself, your children, and loved ones. According to stress management experts, we have four support systems available that offer us unconditional love and support.

*Pets* Pets are nonjudgmental, forgiving, sensitive and supportive. They instinctively KNOW when we need a hug or are feeling emotional, depressed and upset, and don't run at the first sign of tears! Medical research even proves that hugging a pet lowers blood pressure, and helps to rebuild the immune system.

*Faith Spiritual Belief System* This inner compass enables us bring forth that wisdom, authenticity and insight into all we do on a daily basis. These beliefs center our moral foundation, offering direction, and trust to walk to our path in this world.

*Passion Hobbies* Passion Hobbies are pastimes that nurture our spirit and balance our lives. Reading; walking, dancing, running, aerobics or exercise; crafts; puzzles; playing with kids; or shopping!

*Special People* These may be relatives, or significant others, still be living, or have already made their transition. Highly supportive kindred spirits. We can pick up conversations with them, right where we left off, without missing a beat.

You have numerous gifts to give to the world today— and those gifts are needed. Nurture yourself first, and those challenges become easier to handle, with less stress, greater peace and calm. Utilize these unconditional support systems to bring you more balance and joy in your daily life.

~ SHERYL ROUSH

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