



**Draft Gratitude's**

**DRAFT  
HORSE  
INSPIRED  
SELF-CARE  
TIPS** 

*Gratitude*

# Why Self-Care Is So Important

Winter can feel hard. Life can feel hard. Work can feel hard. Relationships can feel hard.

In a time when people are expected to work long hours and pass on vacation days, there is an underlying belief that we must always be productive—which can ultimately take away from opportunities for self-care.

Burning the candle at both ends, so-to-speak, comes with its own set of consequences, which may include but are not limited to burnout, depression, anxiety, resentment and a whole host of other negative implications.

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. **Self-care can help you manage stress, lower your risk of illness, and increase your energy.**

Self-care is SO important!

Perhaps the single most common reason people give for not participating in self-care is due to a lack of time. The funny part is that we always have time to take care of everyone and everything else.

Self-care doesn't have to be hard.

And, self-care doesn't have to take tons of time.

On the following pages, you will find draft horse inspired ideas for self-care!

Read on...



## 1. Take A Nap!

Naps can help you feel refreshed, improve your mood, and boost your energy level. Some studies even show naps help with quicker reaction time and better memory.



## 2. Take A Walk!

Something as simple as a daily walk has so many benefits! Walking can reduce stress, increase energy levels, improve your mood, and strengthen your muscles.





### 3. Get A Pedicure!

Our feet are probably the most abused part of our bodies. Painful cracks or calluses can be prevented by soaking, exfoliating, and moisturizing. Pedicures can also increase blood circulation. A foot and leg massage included in pedicures is a wonderful stress reliever.

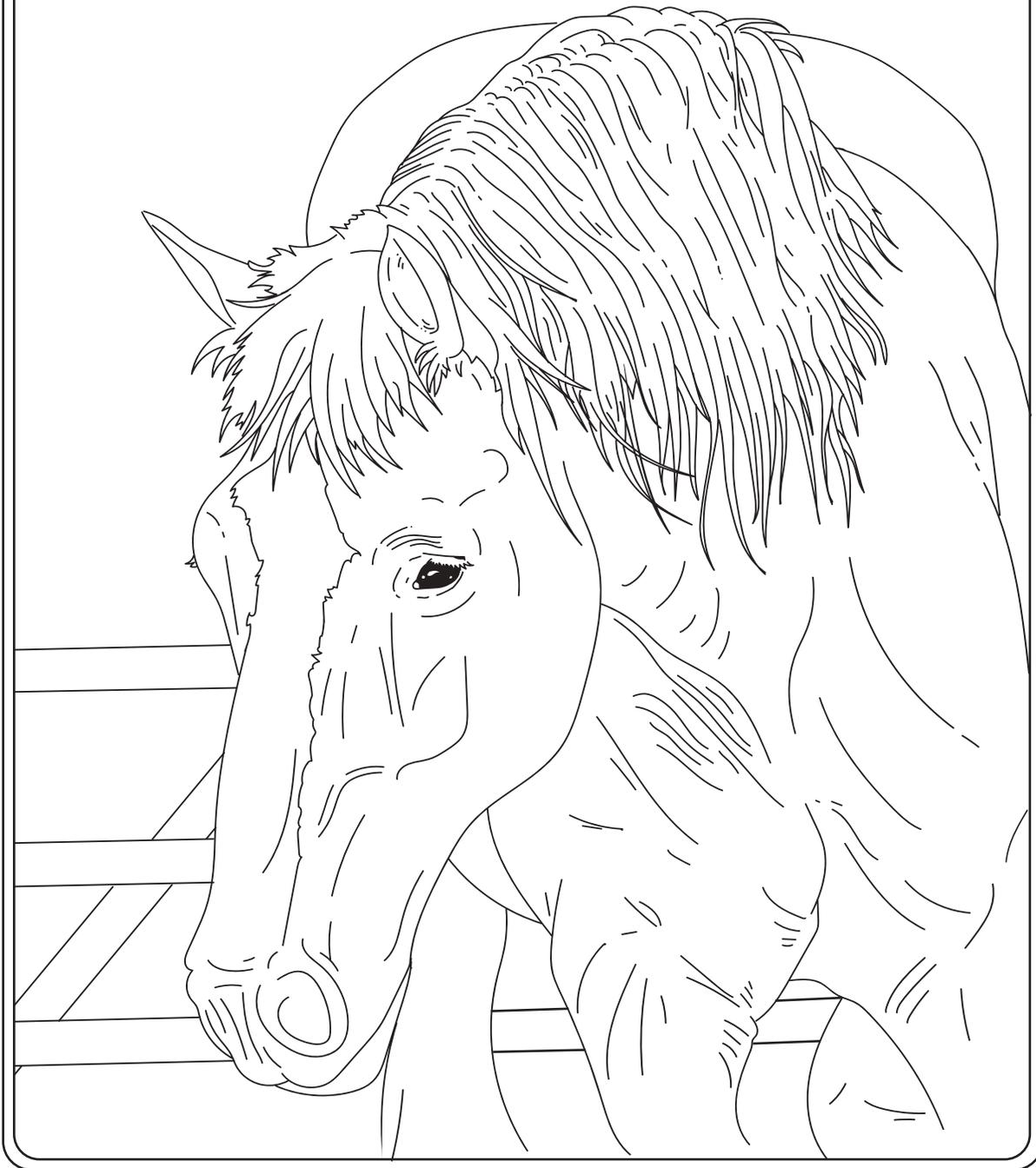


## 4. Lunch With Friends!

When we eat together, our so called “animal brains” receive the message that we are safe and happy! Our bodies are flooded with positive hormones and emotions. Having a meal with your family and friends is a great way to boost your mood.



**Sir Thomas**



## **5. Give Coloring A Try!**

Coloring is a healthy way to relieve stress. It calms the brain and helps the body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of anxiety.

# Thank You!



Thank you for taking a few minutes to read our Draft Horse Inspired Self-Care Tips!

**I hope you feel inspired to give yourself some extra love.**

I challenge you to pick one of the five ideas and make it happen this week.

## Which will you choose?

- Take A Nap*
- Take A Walk*
- Get A Pedicure*
- Lunch With Friends*
- Give Coloring A Try*

**Draft Gratitude gives senior working horses a second chance and a place to call home.**

**You can learn more about the work we do and find out how to get involved by visiting the website: [www.draftgratitude.com](http://www.draftgratitude.com)**