

HEALTHY MINDS

LIGHTEN THE LOAD



- ✓ **Before you say yes, consider the other demands on your time**
- ✓ **Ask for help. Ask yourself if everything on your list has to be done by you**
- ✓ **Don't put off difficult or boring tasks – break them up into little pieces and reward yourself when they are done**

TAKE CARE
— OF YOUR —
EQUIPMENT

