

# **BALANCING ACT:**

running a business and taking  
good care of you

Hillary Libby  
Wildflower Tea Shop & Apothecary



# My Story

**SELF CARE  
ISN'T  
SELFISH!**





NOURISH.



**HYDRATE.**



**MOVE JOYFULLY.**

**REST IS THE  
NEW HUSTLE.**





CONNECT WITH NATURE.



CREATE MINDFUL MOMENTS

FIND  
COMMUNITY.





**YOU ARE ENOUGH.**