

There's Always Time For Care

Written By: Vienna

I take **CARE** of my **HEART**, and my **HEART** takes **CARE** of me.
There are so many things that this means!

It means I stay **Active**, move my body however I please.
Hiking, dancing, and stretching are my **FAVORITE** things!



I practice and get stronger,
I reach my **GOALS** and then go further!



It means I eat foods I **LOVE** that fill me with energy.



Blueberries, yogurt, honey, and granola.

Salmon, potatoes, broccoli, and beets.

Eggs, whole wheat, carrots, and cheese.



Three meals a day with plenty of **WATER** in between.

It means I am **KIND**, **GRATEFUL**, and **LOVING**.

I make time for my family and friends.



We play games and act **SILLY**.

We have **TRUST** to confide our thoughts and our feelings.

It means I'm mindful of my mental and physical **HEALTH**.



I give myself **TIME** and space to **REST**. z z



Slumbering when the moon is high in the sky;



I value the **DREAMS** that tell stories in my mind.

