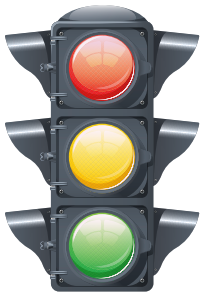


# Be your **BEST** self

## Ideas to take care of YOU:

1. Schedule time to engage in self-care activities—be physically active, meditation or a hobby.
2. Practice gratitude for the people and events in your life—keep a journal about what you appreciate in your life.
3. Tune into the emotions you are experiencing—call “time out” for yourself and check in on your feelings.
4. Monitor stress levels—have a list of activities you can engage in to relax for a few minutes.
5. Take care of your physical health—get enough sleep and a nutritious diet.



## GO-SLOW-WHOA

Healthy Diet=GO Foods>SLOW Foods>WHOA Foods

There are no bad foods, only foods we should eat more of and foods we should eat less of.



## Cocoa Nut Butter Energy Bites

- 1/2 cup Peanut Butter or Almond Butter
- 1/4 cup Maple Syrup or Honey or Agave
- 1/4 cup Chia Seeds
- 1 cup rolled oats
- 1/3 cup Unsweetened Shredded Coconut
- 2 tablespoon cocoa Powder

1. In a large bowl, mix all ingredients together, starting with 1/2 cup nut butter and adding more if the mixture seems too dry.
2. Chill for 10 minutes.
3. Shape into small balls, about 1 inch in diameter, and enjoy.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity employer.



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