

Every Day is a day to SHINE!

12 Step Self Care Practices

1. Make a list fo positive affirmations
2. Confront negative thoughts
3. Start breathing consciously
4. Make a gratitude list
5. Get outside
6. Find new ways to exercise
7. Don't be afraid to say 'no'
8. Seek help if you need it
9. Stick to a sound sleep schedule
10. Fina ways to nourish your soul
11. Spend time with loved ones
12. Trust your gut

[Read the complete article](#)

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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Change Makers

One child, one family,
one person at a time.

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2020 Best of the best
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FIRST PLACE

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Chattanooga Times Free Press
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THANK YOU FOR VOTING THE Y THE BEST HEALTH FACILITY!

2ND ANNUAL
GHOSTS AND GOALS 5K + MONSTER MILE
VIRTUAL RACE
Complete your virtual run anytime from
Oct. 17 - Oct. 31

REGISTER TODAY!

the Y
YMCA

WE'RE STILL DOING OUR PART

Staying Connected



has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group.

QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org

"and I said to my body, softly. 'I want to be your friend.' it took a long breath and replied, 'I have been waiting my whole life for this' "

Nayyirah Waheed

Fall is officially here!



Try this yummy autumn salad!

