

## Women's Health Center of Excellence for Research, Leadership, Education

Fact Sheet

## Even God Rested On The Seventh Day. Shouldn't You?

- SEND YOURSELF TO TIME OUT
- WATCH A SUNSET OR SUNRISE
- TAKE A BUBBLE BATH
- WRITE IN A JOURNAL
- TAKE A WALK/HIKE
- ▶ EAT SOME FRUIT
- ▶ READ A BOOK
- DRINK SOME HERBAL TEA
- COUNT YOUR BLESSINGS
- TAKE A NAP
- LISTEN TO SOME MUSIC

Choose 5 you like and pass them on to a friend!

This information is general. If your doctor tells you something different, follow his or her instructions.

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For more information about women's health issues, stop by our Resource Center at 2000 West First Street, Piedmont Plaza II, 1st Floor, Winston Salem, NC 27104, visit our website at <a href="http://www.wakehealth.edu/WHCOE/">http://www.wakehealth.edu/WHCOE/</a> or contact us at (336) 713-4220.