

Enhancing Therapist Self Resources shared in chat...

Laura Schmidts website: <https://lauraschmidtlmft.com>

Nike Training Club offers an app that is free and has follow along video workouts that are perfect for at home and help me keep accountable

Going to see the sunrise

Buying myself flowers weekly, reminds me we all need some pour into ourselves to make sure we blooms

I think headspace is still offering a free subscription to any health care provider with an NPI number

Personal Therapy

Consultations with Colleagues

Duolingo to learn a new language

Painting and spending time with family

cooking classes

getting up early to have time to myself before the day starts

watching America's Funniest Home Videos with my kids to help give us all shared moments of laughter recently...now they and I look forward to it each week

need to watch more funny stuff, less documentaries