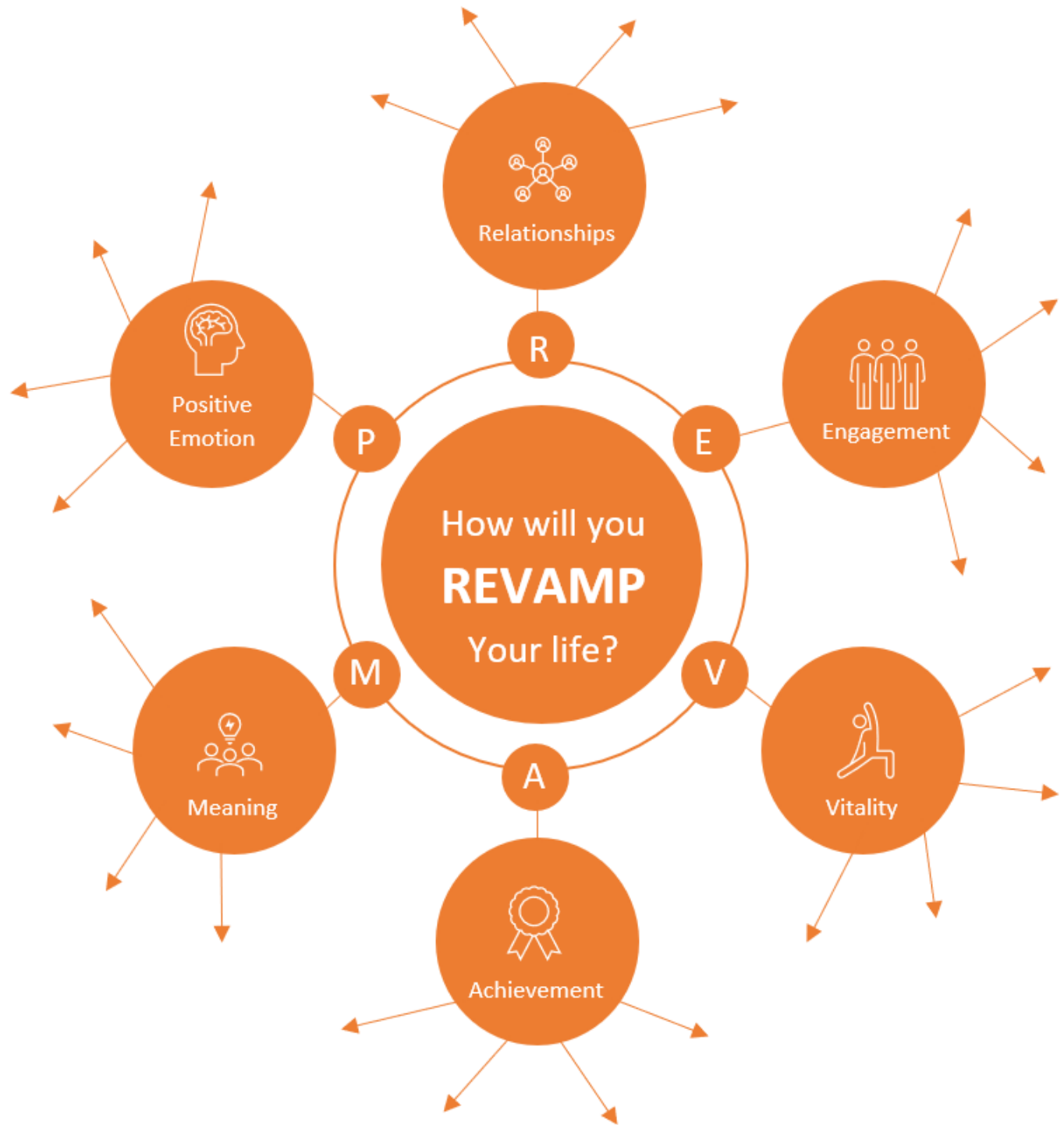


REVAMP-ing your life can help restore balance to your "busy" life, but it takes time to train your brain to become comfortable with stillness.

Use this worksheet to identify people, activities, and hobbies that you "used to" enjoy and need to connect to again...or maybe come up with something new!



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