

THE IMPORTANCE OF VACATION

*Episode 3, Treasured Gems Podcasts
Felicia Jarrell*

OVERVIEW & PURPOSE

To Share the Purpose of Taking Vacation, Remember Kobe Bryant and Encourage My Community to Breathe.

INTRODUCTION

1. Hey Girl, We're Back for Episode 3! And I'm Back from Vacation
2. Last Week Was Rough. What Kobe Gave to Me in a Husband.
3. Celebrated My Ten Year Anniversary. Cruise and Made Me Realize Why Vacation is Important.

CONTENT/TOPIC

1. Sometimes it isn't until you're in the middle of a situation that you realize you need to claw your way out.
2. Journey of Dedicating the Next 10 to Me.
3. Refused to buy the internet package.
4. Conversation where the woman kept asking how am I tuning into me.
5. Why I struggle with selfishness
6. What shifted (continuously sick, kids noticing, less time with my spouse)

REVIEW

1. You can't serve anyone well if you're not okay
2. Don't confuse self care for self maintenance
3. Recognize your triggers and turn social media off
4. What does self care look like *sleep when tired*
5. Get rid of toxicity
6. Workout even if it's walking
7. Eat at least 3-4 salads per week, fill your body with green veggies
8. Educate Yourself
9. Dedicate Time for Massages, Dancing in Your Room, Tuning Into Spirituality
10. Is Self Care Affordable?
 - a. DIY your nails, Get a Massage

- b. When at Target, Buy a Book
- c. Develop A System/Routine

PROMOTION

- *Instagram, Website, Facebook Group.*

CHALLENGE

- Month of Love and Black History (Challenge Both)
 - Each Week Dedicate 3 Hours to Yourself this Month.
 - Support at Least 5 Black Owned Businesses (10 is Better)
 - Girls Night In!