



WEEK 3 - Self-Care

“Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world.” - Lucille Ball

Self-care is essential to overall wellbeing. This is when you take time to be good to yourself. Benefits of making time for self-care includes better productivity, improved immune system, better physical health, enhanced self-esteem and an increase in self-knowledge. Plus, by taking care of yourself you will have more to give to others.

When considering self-care, include activities that incorporate the physical, social, emotional, spiritual, environmental and sensory needs.

Tips For Self-care:

1. Drink some water first thing in the morning
2. Write down three things you are grateful for each day.
3. Take a new route to work.
4. Create a morning self-care routine.
5. Write your negative thoughts down and reframe them in a positive way.
6. Volunteer just one hour a month
7. Sit up straight.
8. Take a break from technology and work.
9. Enjoy breakfast.
10. Learn to say no.
11. Engage in physical activities you enjoy.
12. Make time to sleep.
13. Make time for family and friends.
14. Listen to music.
15. Have a good laugh.

Resource: <https://www.webmd.com/balance/ss/slideshow-self-care-tips>

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it”. – Steve Jobs

Temple of Olympian Zeus

The Temple of Olympian Zeus is known as the largest temple in Greece. The massive ancient complex took nearly seven centuries to complete. Building originally began in 515 BC by order of Peisistratos, but work stopped on the temple as it was seen as oppressive as Peisistratos and his son were seen as tyrants by the Athenians. Work resumed in 175 BC but was halted 10 years later when the Roman architect Cossutius died. Under emperor Hardian in 132 BC, the temple was finally completed and dedicated to Zeus Olympios. The temple stands today mostly as a reminder of Greek history, but only 15 of 104 huge columns remain. The columns each rise 17 meters (57 feet) into the air and once surrounded a cella where two large statues were once placed.



Mount Lycabettus

For romantic evenings, gorgeous sunsets and an amazing panoramic view of Athens, Mount Lycabettus is an incredible adventure. As the highest point in Athens, it allows visitors to see all across the Attica basin and the Aegean Sea. Climbers can also see as the chapel of St. George from its peak. A little cafe here will serve up a fantastic dinner for two. To start the hike, visitors go up the path that begins at the end of Aristippou Street in Kolonaki. The path continues to wind upwards around the mountain. Visitors can also take the funicular, which departs from Ploutarchou and Aristippou Street.



Odeon of Herodes Atticus

The Odeon of Herodes Atticus was – and is – a top music venue in Athens. Built in 161 by Herodes Atticus in memory of his wife, the amphitheatre could seat more than 6,000 in steeply sloped tiers at the base of the Acropolis. Alas, it was destroyed by invaders a hundred years later, only to be resurrected in the 1950s. It hosts the annual Athens Festival, an annual celebration featuring performances by international entertainers. The Odeon also is a good place to take in classical Greek performances. Although a roof covered the theatre in ancient times, everything takes place under the stars today.

