

# Summary

## Module 4: Nourishment

This week, we will look at how time management strategies can restore balance, and help you effectively identify and manage your work-life balance. We will share self-care and time strategies that will deliver more time for yourself and the things you love.

Start by identifying any distractions that can steal time out of your day (for example, social media), and work to manage them. Some apps that we recommend to assist in time management were Forest, Freedom, and HelpMeFocus.



We will also explore food culture — your unique food stories, comfort foods, and traditional family recipes.

Finally, we will discuss PLAY in all of its forms: everything from rough-and-tumble active play to creative pursuits like painting or improv.

Play works wonders for our wellbeing!