

**STELLAR SELF-CARE:
NAVIGATING WELLNESS IN THE CDI UNIVERSE**



acdis
CDI Week

CDI IN ORBIT

INFINITE OPPORTUNITIES

September 16-20, 2024

COSMIC COMFORTS

EMBRACE COZY VIBES FOR GALACTIC RELAXATION

WRAP UP IN WARMTH: SLIP INTO COZY CLOTHES AND FUZZY SOCKS, OR WRAP YOURSELF IN A SOFT BLANKET TO STAY SNUG AND HAPPY.

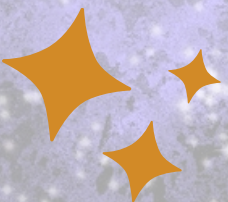
SCENTED BLISS: LIGHT A SCENTED CANDLE FOR A SOOTHING ATMOSPHERE—SWITCH UP THE SCENTS TO KEEP THINGS FRESH!

SWEET TREATS, SMALL PACKAGES: ENJOY INDIVIDUALLY WRAPPED CHOCOLATE PIECES—THEY FEEL SPECIAL AND HELP WITH PORTION CONTROL.

WARM BEVERAGE RITUAL: SAVOR YOUR AFTERNOON COFFEE OR TEA IN A FANCY MUG, PAIRED WITH A SMALL INDULGENCE LIKE A COOKIE.

SOOTHING SOAK: TAKE TIME FOR A RELAXING BATH WITH YOUR FAVORITE BATH PRODUCTS.

STARLIT SOUNDS: CREATE A PLAYLIST OF CALMING MUSIC OR NATURE SOUNDS TO PLAY WHILE YOU WORK OR RELAX. MUSIC CAN TRANSPORT YOU TO A SERENE MENTAL PLACE.



CELESTIAL BREAKS

FIND ZEN IN THE GREAT BEYOND

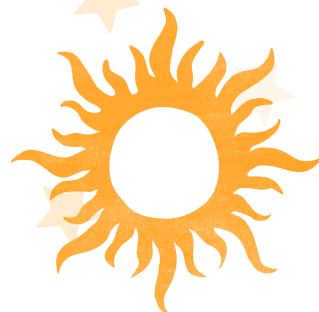
STEP OUTSIDE: DURING YOUR BREAKS, STEP OUTSIDE, BREATHE DEEPLY, AND TAKE IN THE SKY, TREES, AND FRESH AIR.

NATURE'S TOUCH: ADD A PLANT OR CUT FLOWERS TO YOUR DESK FOR A NATURAL PICK-ME-UP.

SKYWATCHER'S DELIGHT: WHILE YOU'RE OUTSIDE, CHECK ON YOUR PLANTS AND SAVOR THEIR BEAUTY.

CELESTIAL STRETCHES: TRY SOME SIMPLE STRETCHING EXERCISES THROUGHOUT THE DAY TO RELIEVE TENSION, FOCUSING ON AREAS LIKE YOUR NECK, SHOULDERS, BACK, AND SPINE. YOUTUBE HAS PLENTY OF QUICK ENERGIZING ROUTINES.

MINDFUL MOMENTS: TAKE A FEW MOMENTS EACH DAY FOR MINDFULNESS OR MEDITATION. FOCUS ON YOUR BREATH AND LET GO OF ANY STRESS, GROUNDING YOURSELF IN THE PRESENT.



**STELLAR NOURISHMENT
FUEL YOUR BODY AND SOUL
WITH OUT-OF-THIS-WORLD GOODNESS**

HEALTHY SNACKING: KEEP HEALTHY, NATURAL SNACKS ON HAND TO STAY ENERGIZED THROUGHOUT YOUR COSMIC CDI ADVENTURES.

SEASONAL TREATS: BUY FRUITS YOU LOVE WHEN THEY'RE IN SEASON—THEY'RE A FRESH, DELICIOUS WAY TO RECHARGE.

SPECIAL LUNCHES: TREAT YOURSELF TO A LUNCH THAT FEELS SPECIAL OR BRINGS BACK FOND MEMORIES.

JOYFUL WORKSPACE: PERSONALIZE YOUR WORKSPACE WITH PHOTOS OF LOVED ONES, PETS, OR FAVORITE VACATION SPOTS.

NOURISH YOUR MIND: MAKE TIME FOR HOBBIES, TRY A COLORING BOOK, OR LEARN SOMETHING NEW TO KEEP YOUR CREATIVITY THRIVING.

REST AMONG THE STARS: PRIORITIZE GETTING ENOUGH SLEEP. INVEST IN COMFY PILLOWS, BLANKETS, AND BEDDING FOR A RESTFUL NIGHT.