

# Savor

## THE MOMENTS

In this crazy season of uncertainty and change, build resilience when you savor each moment with intentional focus and appreciation.



### EAT

Enjoy the smell, taste, texture, and color of healthy whole food



### MOVE

Get your blood pumping while walking to your favorite music or podcast



### UNPLUG

Be present with people in the space God has placed you



### REST

Refresh your mind and spirit with a good night's sleep or needed nap



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