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Charge Your Introvert Battery. Quiet time alone for introverts is as necessary as oxygen is to life. Giving yourself the time you need to recharge is incredibly important to both your mental and physical health. As an introvert, there are a few things you must do to find inner peace: Plan downtime every day or week, depending on your needs.

3 Life-Brightening Ways To Embrace Being An Introvert

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There's an important phase that comes in the middle of the journey from trauma to thriving. It's the normal, average, good enough but not yet fabulous, physically embodied, messy, imperfect, human phase. This "average" phase is a huge obstacle on our path, but it's also the key to unlocking the thriving part.

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