

WAYS TO GIVE

YOURSELF SOME TLC

Visit an art gallery.

01

Gazing at art teaches us to slow down and appreciate silence.

Light a scented candle.

02

Choose a relaxing scent and enjoy the benefits of aromatherapy.

Sing your favorite songs.

03

Singing is both calming and energizing. It's also a known stress reliever.

Spice up your meals.

04

Boost your mood with different herbs and spices and enjoy new flavors.

Ask for a hug.

05

Hugging a loved one is comforting. It releases oxytocin, too!