

# Self-Care

- ✿ Indulge & treat yourself to something you don't normally have (piece of dark chocolate, etc.)
- ✿ Look in the mirror and compliment yourself. This one can be challenging, but find one thing. Maybe you like the way your hair looks today or maybe you love the color of your eyes. No matter how big or small, compliment yourself!
- ✿ Go outside for a few minutes. Drink your coffee, go for a walk with the dog or the kids. Just get out and breathe in the air and soak up some vitamin D
- ✿ Add an extra 5 minutes onto your shower. Simply enjoy the water!
- ✿ Set aside 5 minutes during the day to do some breathing exercises which can help to quiet the mind
- ✿ Put a song on your phone and just start moving to the music!





- ✿ Start your day with a daily intention or write 3 things you are grateful for
- ✿ Drinking plenty of water throughout the day
- ✿ Make sure to prioritize sleep. Some days you may get less than ideal, but try to get into a routine and make it a high importance
- ✿ Set goals for yourself. Long or short term, write them down!
- ✿ Set restrictions on your phone so you are on “do not disturb” at certain points of the day. Stay off social media for a day or only allow a set time to scroll (ex. 15 minutes). This will help to set boundaries & to give yourself a reboot
- ✿ Take 5 minutes to mindfully enjoy something (coffee, tea, etc.)

*Here's an example: Instead of multitasking & sipping on coffee while answering your emails. Take a moment (literally give yourself 60 seconds) and use all your 5 senses. Look at that delicious beverage in front of you, take in the amazing aromas, feel the warmth of the cup in your hands, and take a savory sip. I like to close my eyes and really enjoy that moment.*



Did this list surprise you?

Self-care is the act of taking care of ourselves!!!

It is not meant to be a luxury. The idea of facials and massages is AMAZING, but not always practical for everyone because of busy schedules and budgets.

We need something practical that we can implement in our everyday lives!!

Even without those special forms of self-care, we can still achieve practicing this act of caring for ourselves everyday!

We just *need to have some ideas* given to us, *give ourselves permission* to do them, and *put in the work* to make it happen!

YOU  
got  
THIS

♡ Liz

♡ Speaking Emotions