

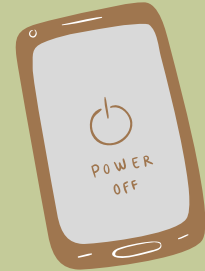
# 10 Easy Ways to Practice Self-Care



**1** Meditate/Do Yoga



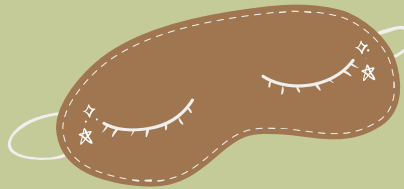
**2** Light a candle



**3** Turn off your phone



**4** Exercise



**5** Get enough rest



**6** Take a bath



**7** Get some fresh air



**8** Read a good book



**9** Eat healthy



**10** Do something you love