

SELF CARE

Practicing Self Care means carving out time for yourself.

Creating moments for you that support a feeling of empowerment, radiance and connect you to the present.

They are feel good experiences that are all about you! Below we have shared a few simple ways you can practice Self Care!



1. Fire Up Your Brain!

Read a book.

Learn something new. Google some fun facts! Play a challenging game! Whatever you choose to do get that brain moving! Mental stimulation is a feel good and is amazing for Self Care.

2. Get Up and Get Moving

We have read some fun facts about the happiest and healthier people in the world and many of them note that participating in physical movement for a minimum of 30 minutes per day is super important. TIP: Find something that you love, stick with it, and doing 30 minutes a day of physical movement will be easy peasy!

3. Connect with Loved Ones

Set aside time to connect with a loved ones, either on the phone / video calling or when possible connect in person. Your community, (those you surround yourself with) will help clear your mind and bring you joy.

4. Meditate

Meditating can be found in many activities such as going for a walk to clear the mind, journaling, yoga or taking a nice long bubble bath. Or you can go with traditional Meditation, find a comfy cushion and have a seat!

5. Organize or Tidy Up

It is important that the space around us is one that allows us to feel comfortable and at ease. If we are working in or living in a space that is cluttered or dirty it can bring up negative feelings, a clean and fresh space can inspire us!