

# 15 WAYS *to* PRACTICE SELF-CARE



**EAT A HEALTHY  
SNACK TO  
NOURISH YOUR  
BRAIN & BODY**



**ENJOY A  
CUP OF  
HOT TEA**



**MAKE A LIST OF  
SOME PEOPLE &  
THINGS YOU ARE  
GRATEFUL FOR**



**READ A BOOK  
FOR 10 TO 15  
MINUTES**



**TAKE A STRETCH  
BREAK IN THE  
MIDDLE OF  
EMAILS**



**TAKE A WALK  
OUTSIDE AND PAY  
ATTENTION TO  
WHAT YOU SEE**



**CALL A  
FRIEND TO  
CHAT**



**LIGHT AN  
AROMATHERAPY  
CANDLE**



**TURN YOUR  
PHONE OFF FOR  
30 MINUTES**



**LISTEN TO A  
MEDITATION  
OR WATCH A  
YOGA VIDEO**



**TAKE FIVE  
MINUTES TO SIT  
DOWN & TAKE A  
DEEP BREATH**



**GET INTO BED  
15 MINUTES  
EARLY**



**NOTICE THE WAY  
THE WATER FEELS  
WHEN TAKING  
A SHOWER**



**JOURNAL  
YOUR  
THOUGHTS**



**SMILE, AND  
REMEMBER TO  
ENJOY WHAT  
YOU ARE DOING**

# Self Help Tips

**CL Gary**



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