

15 TIPS FOR ESSENTIAL SELF -CARE

1. Create a daily routine
2. **Good sleep routine**
3. Exercise & rest
4. **Regular breaks**
5. Eat healthily & hydrate
6. **Prioritize Daylight time**
7. Connect daily with nature
8. **Connect daily with people**
9. Interrupt negative
thought patterns
10. **Switch Tech off**
11. Listen to music
12. **Create a calm
environment**
13. Practice mindfulness
14. **Listen to your Intuition**
15. Celebrate the small wins

Be kind to yourself

