Self-Care Tips

GOOD TIMES

Self-care means taking time to do the things that bring you joy, like everyday activities you find fun or relaxing.

Self-Care is also about taking care of yourself- things like eating regular meals, sleeping well and looking after your personal hygiene.

Make time for Self-Care, it's easy to find an excuse, but looking after yourself should be a priority.

Keep up your Self-Care even if you're feeling good- it might be the reason for your good mood. Stick to a healthy routine to prevent things slipping.

A few minutes Self-Care is better than none!

enjoy every moment.

Set specific Self-Care goals, be very clear so that you are more likely to do them e.g "I will go for a 20 minute walk at lunchtime"

What do you do for your Self-Care?

Set a reminder on your phone for Self-Care time!

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