



***Daily  
Self-Care***

***A few  
Minutes  
Is  
Important***

***At the end of the day, have you been kind to yourself?***

***Refueling yourself keeps us going***

***What do you do for you?***

***Laugh***

***Drink water***

***Light a candle and soak in a bubble bath***

***Declutter one corner***

***Colour***

***Say something kind to yourself***

***Move your body, stretch, dance, walk***

***Sit in the sun***

***Take slow deep breaths***

