

SELF-CARE TIPS
THAT BENEFIT
BODY, MIND & SOUL



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TAKING GOOD CARE OF OURSELVES

We're often concerned with how well we're taking care of others, but it's even more important to give yourself the attention you need.

Learn how to take good care of yourself, and you'll always be well taken care off!

People who are busy and stressed are often lacking in taking good care of themselves.



It's important to pay attention to your needs and to recognize your limits.

Good self-care practices can reduce burnout and stress levels.

Keep your energy levels high and rejuvenate yourself each day by looking after yourself.

Practice self-care each and every day with the following routines...

1. SPEND TIME WITH PEOPLE WHO LOVE YOU

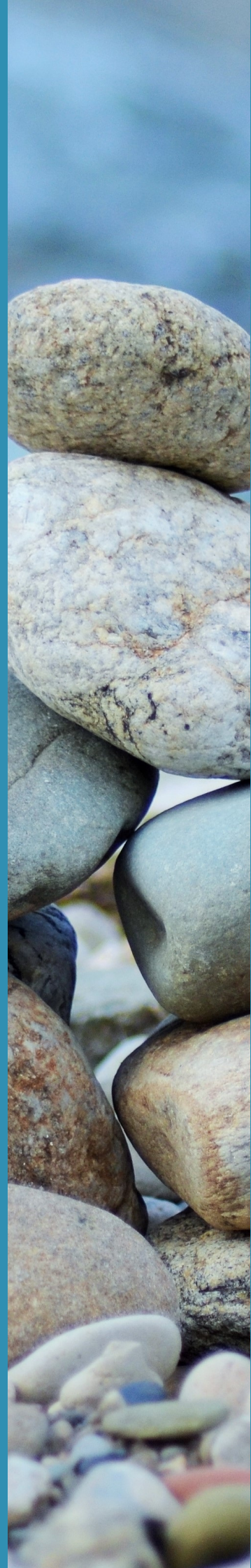
There is nothing better for your heart and soul than spending time with those that love you.

Loved ones may encourage and uplift you.

This will help you relax and make you happy.

“Love the people who saw you when you were invisible to everyone else.”

— Anonymous





2. STRETCH YOUR BODY

The older you get, the less flexibility you possess.

Stretching feels good and truly benefits you.

If you're watching TV, why not sit on the floor and spend some time stretching during the commercial breaks?



3. UNPLUG FOR AT LEAST 30 MINUTES EACH DAY

Give your mind a break from the digital world each day.

Turn off your phone, close your laptop, and turn off the TV.

Go for a walk, read a book, meditate, or talk to a real, live person.

You'll be glad you did.





4. LEARN SOMETHING NEW OR DO A PUZZLE

Work your brain a little bit by either learning something new or doing a puzzle. It could be a jigsaw puzzle, crossword, Sudoku, or whatever mental challenge appeals to you.

Put your brain to work and test its problem-solving abilities.

It's a great break to your busy day and a great workout for your brain.



5. EAT MINDFULLY AND HEALTHY



Just only eat while you're having a meal, and keep your attention on the process of eating.

Eat slowly and intentionally. Savour every bite.

You'll eat less and eat better food. It's easy to eat a lot of junk while you're distracted by something else.

Take care of yourself by following a healthy diet.





6. ASK FOR HELP

You're worthy of receiving help from others.

You'll find life is easier when you get a little help as well.

In return, others may ask you for help. When that happens, your self-esteem gets a boost.

You can even make a few friends in the process or strengthen existing relationships.



7. MEDITATE

Take the time several times a week, to sit quietly and meditate.

Meditation does not just calm you down, but is also great for all aspects of your mind, body and spirit.

It is "me-time" really well spent!





8. GIVE YOURSELF COMPLIMENTS

Imagine you were your best friend. What type of compliments would you give yourself?

Spend a few minutes looking at yourself in the mirror and let the compliments fly.

It's a little awkward at first, but you'll enjoy the results.



9. EXERCISE

Humans are meant to move.

Unfortunately, most of us only move when we have to.

Use your body each day, even if it's as simple as going for a short walk.



**10.
GO TO BED EARLY
&
GET UP EARLY**



This is great
for every part
of your being.

Most of us fail to get enough sleep.

How early should you go to bed?

Early enough so that you're not tired when it's
time to get up.



11. PAMPER YOUR BODY



If you have a bathtub, take a bath at least once a week.

Showers save time and water. However taking a bath is more relaxing.

Stretch out and soak for at least 30 minutes, light some candles and enjoy.

Go for a massage at least once a month, or have someone in the family give you a massage. This does not only relax you, but can help with certain mental and/or physical issues as well.



