

Take Care of You!

5 Quick Ways to Practice Self-Care Right Now!



**Exercise.
Get outside.**

Pay attention to nature around you and get out of your own head.



Be social.

It's not just fun. It's also good for us. Sometimes the day when you feel least social is when you need it most.



Breathe deeply.

Focus on the sensation of your breath. Notice how your body feels, from your head down to your toes.



Do something just for you.

Take a bath, do a facemask, read a book, make art, or take yourself on a coffee or tea date.



Write or journal.

Write about things you are grateful for. Write down reasons you are proud of yourself, or things to appreciate about yourself. Or just free write whatever comes into your head.