



**SELF-CARE**  
PRACTICES  
THAT BENEFIT YOUR  
**MIND, BODY**  
& **SOUL**

No one will ever take care of you as well as you can take care of yourself.

Plus, you're never sure how long someone is going to stay in your life.

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

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

**Practice self-care each  
and every day with these  
routines...**





**1. Unplug for at least an hour each day.**

Give your mind a break from  
the digital world each day.  
Turn off your phone. Close  
your laptop. 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.

**2. Do a puzzle.**



Work your brain a little bit. 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

**3. Eat mindfully.**



Pay attention while you're eating. Put your phone away. Avoid reading or watching TV.

Just eat while you're having a meal. Keep your attention on the process.

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

The background is a warm, golden-toned image. It features a lit candle in a small, light-colored dish, a soft-focus rose, and a textured fabric. The overall mood is intimate and romantic.

**4. Spend time with  
someone that loves you.**

There's nothing better for  
your heart and soul than  
spending time with those  
that adore you.

They say nice things to you.  
They're encouraging. The  
experience is relaxing and  
makes you happy.

# 5. Stretch

The background is a soft, warm-toned photograph. On the left, a white, textured towel is partially visible. In the center and right, a lit candle in a clear glass holder sits on a wooden surface. To the right of the candle is a single, vibrant pink rose. The overall lighting is warm and ambient, creating a serene and relaxing atmosphere.

The older you get, the less flexibility you possess. Stretching feels good and is good for you.

If you're watching TV, sit on the floor and spend the time stretching.

**6. Compliment yourself.**

The background is a soft, warm-toned photograph. On the left, a white, textured towel is draped over a wooden surface. In the center, a lit candle in a small, light-colored dish sits on the wood. To its right, a lit matchstick is held upright. In the foreground, a single pink rose is in full bloom, resting on the wooden surface. The overall lighting is warm and golden, creating a peaceful and intimate atmosphere.

Imagine you were your best friend. What types 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.

**7. Ask for help.**

The background is a soft, warm-toned photograph. It features a lit candle in a white ceramic holder, a pink rose, and a white towel on a wooden surface. The lighting is warm and golden, creating a serene and comforting atmosphere. The text '7. Ask for help.' is overlaid in a bold, black font.

You're worthy of receiving help from others. You'll find life is easier when you get a little help, too.

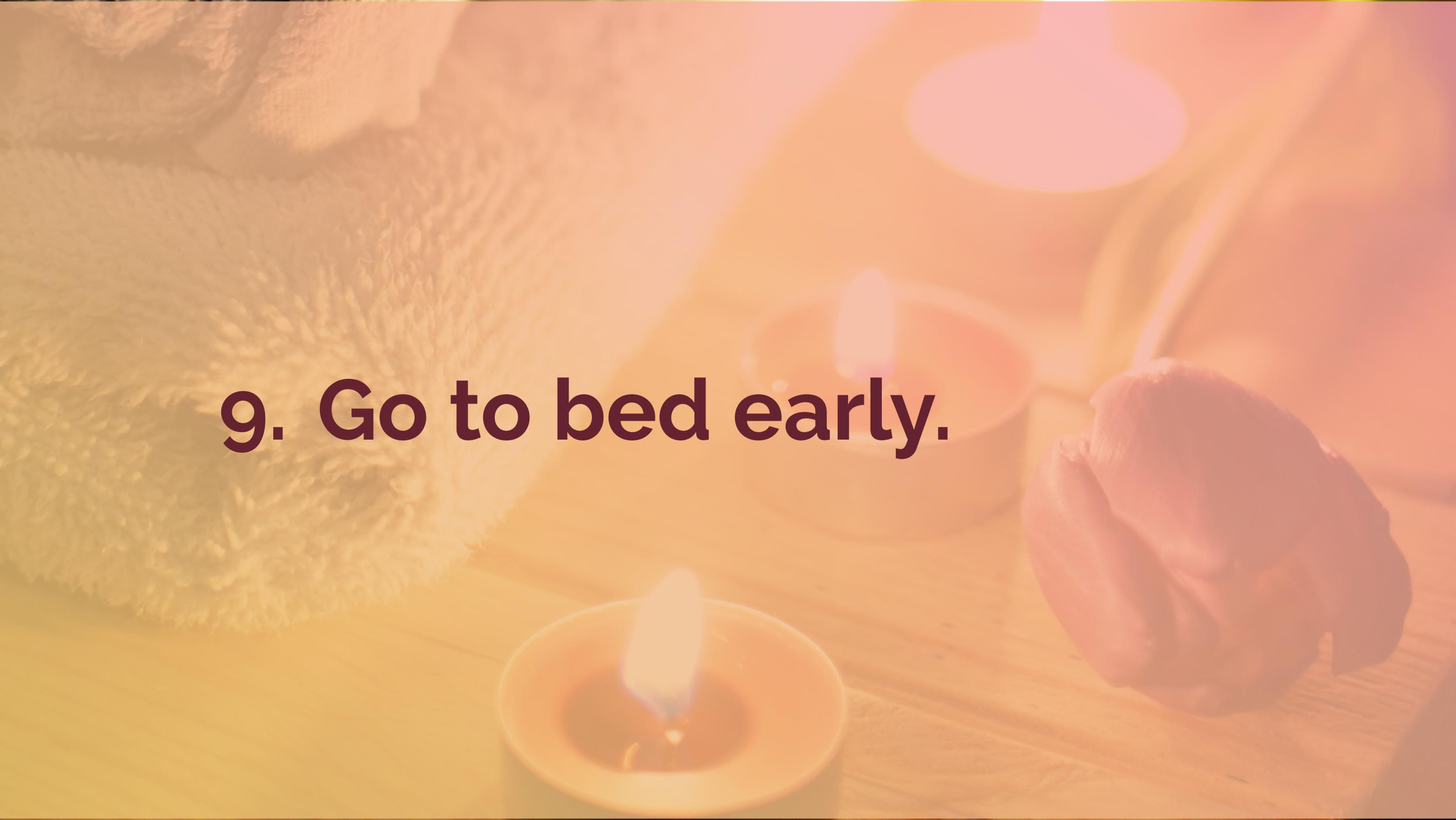
In return, others will ask you for help. Your self-esteem gets a boost when you help others.

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

**8. Eat a healthy diet.**

The background is a warm, golden-toned image. On the left, there is a textured, light-colored towel. In the center, a lit candle in a small, light-colored dish is visible. To the right, a pink rose is partially visible. The overall scene is softly lit, creating a calm and serene atmosphere.

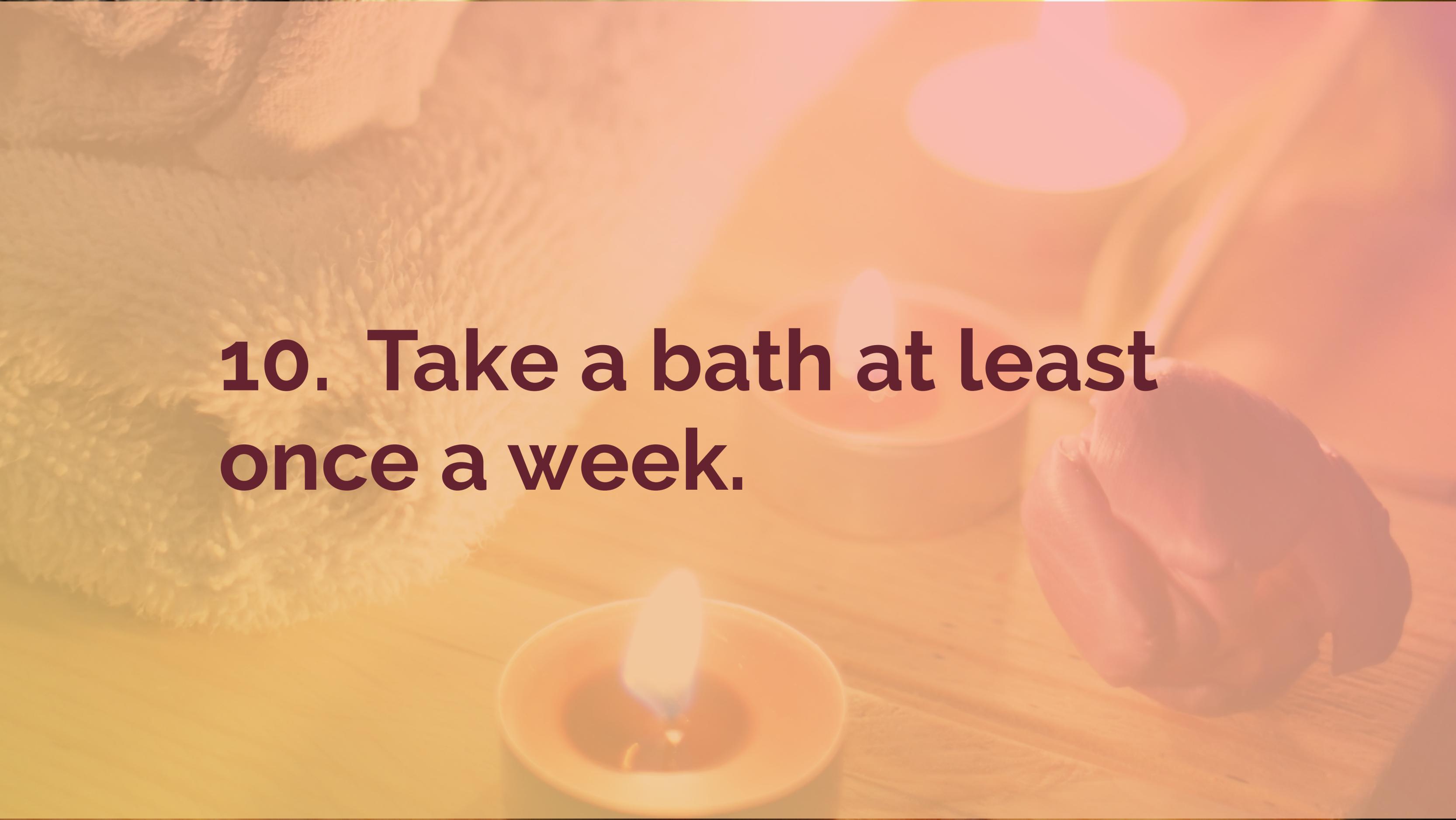
You're not taking good care of yourself if you don't follow a healthy eating strategy.

The background is a warm, orange-toned photograph. On the left, a white towel is folded. In the center, a lit candle in a white holder sits on a wooden surface. To the right, a pink rose is visible. The overall atmosphere is cozy and serene.

**9. Go to bed early.**

This is great for every part of your being. Most of us fail to get enough sleep.

How early is early? Early is early enough that you're not tired when it's time to get up.



**10. Take a bath at least once a week.**

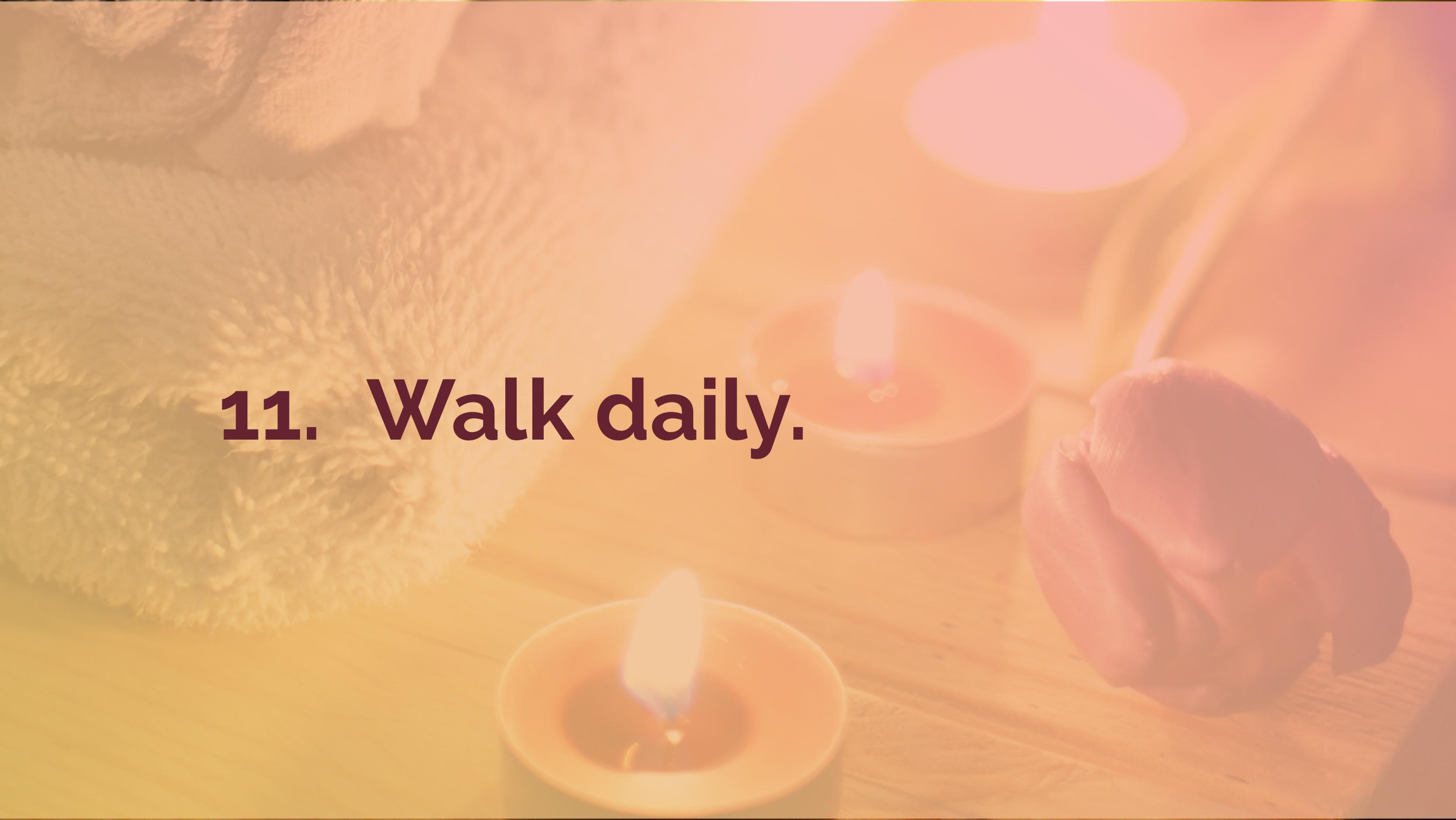
Showers save time and water. However, there's something unique about a bath.

Stretch out and soak for at least 30 minutes.

You might turn out the light or read a book. You can close your eyes and just relax.

Give yourself this luxury at least once a week.

**11. Walk daily.**



Humans are meant to move.

Unfortunately, most of us barely move more than it takes to walk to our cars and back.

Use your body each day,  
even if it's as simple as taking  
a nice walk.

The background is a soft, warm-toned photograph. In the foreground, a lit candle in a small, light-colored dish sits on a wooden surface. To the right, a vibrant red rose is in bloom. In the upper left, a white, textured towel is draped. The overall lighting is warm and golden, creating a serene and calming atmosphere.

**People who are busy  
and stressed are often  
lacking in self-care.**



**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 effectively.**

A lit candle in a small white bowl and a pink rose on a wooden surface. The background is a warm, golden-brown color with a soft, glowing light effect.