



SELF CARE



Often, we think of our self last when it comes to caring for someone. You are either caring for others like family/friends or going to work and other events/activities. At the end of the day, you have done nothing for yourself!

It is awesome you are helping others, but if you don't take time for yourself, then at some point you will not be able to care for others!

Just 10-minutes a day feels to many of us can just feel like 18 seconds. What can you possibly get done in 10 minutes?

Actually, a lot! You don't have to invest money in retreats or classes to get started in self-care. You do, however, need to block out time and make the decision to put your own wellbeing first.

Knowing you need to take time for self-care without planning for it doesn't always translate into a lasting habit that will actually yield results. Here are some Self - Care 10-Minute tips to assist you in getting some YOU time.

- Enjoy a cup of tea or coffee and don't do anything else at the same time but sit and enjoy it!
- Listen to a podcast. Choose a topic that makes you happy.
- Write an entry in your diary.
- Spend time learning a new hobby.
- Read a little bit every day.
- Light a candle of your favourite scent.
- Play with your pet. She or he loves you unconditionally.
- Smile.
- Go outside and get some fresh air.
- Look through old photos.
- Donate money to a charity you care about.
- Share a hug with someone.
- Look in the mirror and find 5 things you love about yourself.
- Take time out from technology. Be present in the moment away from the pc or your phone.
- Call your best friend.