

Self-care means taking time to do the things that bring you joy, like everyday activities you find fun or relaxing.



Self-care is also about taking care of yourself- things like eating regular meals, sleeping well and looking after your personal hygiene.

GOOD TIMES



Make time for Self-care, it's easy to find an excuse, but looking after yourself should be a priority.



A few minutes Self-care is better than none!



enjoy every moment.

Keep up your Self-care even if you're feeling good- it might be the reason for your good mood. Stick to a healthy routine to prevent things slipping.



Set specific Self-care goals, be very clear so that you are more likely to do them
e.g "I will go for a 20 minute walk at lunchtime"

What do you do for your Self-care?

Compass & BUZZ



Set a reminder on your phone for Self-care time!