

PRACTICE SELF CARE

Prioritize Your Well Being with These Simple Steps



Take Time to Relax

Take time every day to rest and relax. Whether it's by reading a book, taking a warm bath, or listening to your favorite music, give your mind and body a break from daily activities.

Get Enough Sleep

Getting enough sleep is essential for mental and physical health. Aim for 7-9 hours of sleep every night and create a relaxing bedtime routine to ensure quality sleep.



Set Boundaries

Learn to say no and set healthy boundaries for yourself. Maintain a balance between work, family and time for yourself so you don't feel overwhelmed.