

Self-care isn't self-ish.

It's necessary, mos!

Self-care is all about taking the time to do the **things that centre you and bring you joy.** It's about nurturing all aspects of your being, that is your physical, mental, emotional, and spiritual being. Whether you start from the outside-in or vice versa, you just need to start.

You don't need a full day to feel better. A five-minute breathing exercise can shift your mood. **A 30-minute nap** can reset your energy. Perhaps you can start journaling, writing your thoughts and feelings can be a great way to release tension and stress.

Read a book – and no, it doesn't have to be a thick book, you can start small. Learn something new like how to knit or make candles. Grab some colouring pencils, a colouring book, and fill those pages with colour. **Start a veggie garden** in your backyard, now is the perfect time to start seedlings. Take an online course and build a new skill that excites you.

Movement helps everything else fall into place. **Dance. Walk. Stretch.** Do what feels good. It keeps your body strong and your mind clear. **Eat food that fuels you. Drink water.** Listen to what your body needs. Try to keep the not-so-healthy cravings in check.

And don't skip your check-ups. **Make time to see your doctor or healthcare provider.** It's one of the best things you can do for yourself.

These are not chores you need to tick off on your to-do list, they're acts of love for your future self.

