

25 Days of Self-Care

Self-care is not just having a spa day, getting your hair done or going to the gym. More often than not, it is the little things that we allow ourselves the opportunity to engage in that really make the biggest differences in our daily lives. Challenge yourself to do one thing each day to help yourself become aware of the "little things" that help lift you up.

Took a Shower	Got Dressed	Spent Time With A Friend	Processed My Feelings	Complimented Myself
Meditated	Ate Good Food	Listened To My Body	Did Something Fun	Asked For Help
Took A Much Needed Break	Drank Enough Water	Took A Break From Social Media	Treated Myself	Read A Good Book
Complimented Someone	Got 8 Hours Of Sleep	Took Steps To Tame Negative Thoughts	Hugged Someone Special	Dropped A Habit That Is Not For Me
Took A Mental Health Day	Spent Time With Nature	Decluttered My Space	Wrote In My Journal	Practiced Self - Compassion