



25 Simple Ways for *self care*

When life gets busy, we often forget about ourselves. Self-care means doing things to make your health (physical, emotional, and mental health) a priority. Self-care can help manage stress, increase your energy, and lower your risk of illness. Even small self-care acts can greatly impact your daily life.

1	Morning Routine	2	Candlelight	3	Take a Walk	4	Respect Your Budget	5	One In, One Out
Make a little time for yourself first thing every morning. Sit quietly with a cup of tea, meditate, journal, or take a walk.		Add light to your day. Listen to music with candles burning or just sit quietly in candlelight.		Go outside and take a walk. Notice the magic.		Once you set your budget, stick to it. If you splurge now, you pay even more later.		Avoid adding to your clutter by sticking with a one in, one out rule. For each thing that comes in, another goes out.	
6	Eat Well	7	Be Intentional	8	Decorate with Your Favorite Things	9	Unschedule	10	Nap
Try to eat a wide variety of foods in the correct proportions and try to limit sweets and snacks.		Choose to make decisions and take action on what's important to you.		Start by decorating with only your favorite things instead of all the things. Allow them to bring you joy.		Finding yourself too busy? Cancel some of your planned activities and make some time for yourself.		Taking a short 10-20 minute nap can be an effective way to rest and recharge during the day.	
11	Read an Actual Book	12	Laugh	13	Write	14	Practice Positive Self-Talk	15	Apologize
Shut down those digital devices and curl up with a good book.		Call or spend time with the person that makes you laugh harder than anyone else. Then laugh until you cry.		Putting your feelings down on paper gives you a chance to clear your mind and move through your day with less bottled-up stress.		Cut out your inner negative self talk and say something kind to yourself.		Don't worry about being right. No one wins that fight.	
16	Forgive	17	Be Grateful	18	Say Goodbye to Guilt	19	Redefine Abundance	20	Give
It's not too late. Your forgiveness will not only heal their hearts, but it will also heal yours.		Being grateful for what you have can make you healthier, more energetic, less stressed and anxious, and help you get better sleep.		You are only responsible for your actions, not for what others think or do.		Be grateful for the things you have instead of being disappointed for the things you don't. Abundance is a full heart, not a full house.		Pick something close to your heart and give the way you want to give instead of how you think you are supposed to give.	
21	Make Something	22	Breathe	23	Let Go	24	Full Stop	25	Be Love
Write a poem, start a book, get out the finger paints and a big piece of paper, and express yourself.		Breathe in, breathe out. Start with your breath to avoid over-thinking and over-reacting.		There are benefits to moving through life, work, and relationships with a lighter step, a lighter look, and a lighter heart. Let go.		Already overdone it? Take a whole day to take care of yourself.		Instead of working so hard to please people, do it all, or control the world, let go and just be love today.	

Source: <https://bemorewithless.com/take-care/>