

# 6 SELF-CARE IDEAS MADE EASY

Being happy is easy when you take  
the time!

1

## HIT THE ROAD



Travel is a really great way to give your head a chance to take a break from the daily grind and the million-miles-an-hour way of living. Go ANYWHERE, just get away and clear the cobwebs, soak up some new scenes, spend quality time with loved ones and feel inspired once again.

2

## GO WALKING



It's not crucial where you decide to walk but first prize would be anywhere in nature. Going for a walk by yourself can be a big win too, to be alone with your thoughts and to help you process your emotions..

3

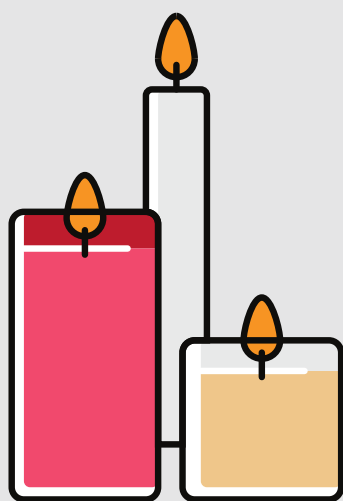
## TAKE A CLOSER LOOK



Don't shy away from the reflection in the mirror. Take a real, close look and recognize the unique and wonderful being that you are. Spend some time saying kind and loving words to yourself. If you come from a place of honesty and acceptance you will feel 100 times better for it.

4

## MAKE YOURSELF FEEL LOVED



The simple act of lighting a scented candle or applying a face mask can be all we need to feel loved and appreciated. It is all about making the time for yourself. When you do this you are reminded that you ARE worth it.

5

## WORDS CAN HEAL



There are books for any subject you could imagine. Books filled with so many inspiring words that they will leaving you brimming with joy. Pick up a book today that speaks to you, you might just find you learn something about yourself.

6

## BELLY ACHING LAUGHS!



The fool proof way to connect to your self and have fun doing it! Love may conquer all but laughter heals all! If you could choose 1 thing to do every day then let it be this one. .

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## SOAK UP SOME SUN

Sunshine has been proven to put us in a better mood. The vitamin D we soak up from the sun helps to regulate our moods and can even help those suffering from depression. Plus it just feels amazing!



2

## GO ON A DATE NIGHT

Spending time with someone else might not sound like a good way to connect to self, but re-connecting with your partner is an essential way to remind yourself of what matters most to you and your relationship.



3

## GET SOME PET CUDDLES

Whether it's the fluffiness or those puppy dog eyes, the reasons to go in for those pet cuddles are multiple. Pets, somewhat like sunshine! can help cheer you up! They alleviate stress and ward off loneliness in a really special kind of way.



4

## DO SOME YOGA STRETCHES

Just a short yoga routine every day can improve your quality of life in so many ways, from increased flexibility and muscle strength to improved sleep and ability to focus. Yoga can be done at home, for free and at your own pace!



5

## LISTEN TO MUSIC

A 'Happy Place' playlist is a sure fire way to lift your mood in an instant. Make a compilation of all your favourites that shift your mood so that you can easily make a conscious decision to be happy by hitting that play button.



6

## ENJOY A HOT CUPPA

This is all about pure comfort! If you are a coffee drinker its about the aroma, the warmth and the delicious taste. If you are a tea drinker there are all of the above plus the many herbal tea benefits. Either way, it's a place of comfort. Just enjoy!