

# 8 Tips

## FOR SELF-CARE

PRIORITIZE SELF-CARE AND MAKE TIME FOR THESE ACTIVITIES AS THEY CAN HAVE A POSITIVE IMPACT ON YOUR WELL-BEING.

MOISTURIZE YOUR ENTIRE BODY WITH YOUR FAVORITE LOTION, WHETHER IT'S UNSCENTED, INEXPENSIVE, OR LUXURIOUS. APPLY IT GENEROUSLY TO NOURISH YOUR SKIN.

WEAR CLEAN AND COMFORTABLE CLOTHES, INCLUDING YOUR FAVORITE UNDERWEAR. DON'T HESITATE TO DON THOSE QUIRKY BOXERS YOU GOT AS A GIFT.

ENGAGE IN SMALL CLEANING TASKS LIKE ORGANIZING A DRAWER, WASHING A FEW DISHES, DOING LAUNDRY, OR SCRUBBING THE BATHROOM SINK.

BOOST YOUR MOOD BY PLAYING UPBEAT MUSIC THAT MAKES YOU WANT TO DANCE AND SING ALONG, EVEN IF YOU'RE NOT PARTICULARLY TALENTED AT EITHER.

CREATE SOMETHING ARTISTIC SUCH AS WRITING A SHORT STORY OR POEM, DRAWING OR COLORING PICTURES, FOLDING ORIGAMI SHAPES, CROCHETING OR KNITTING A BLANKET, OR SCULPTING WITH CLAY.

SPEND TIME OUTDOORS BY TAKING WALKS IN NATURE, SMELLING THE FLOWERS IN YOUR NEIGHBORHOOD, OR EATING A PICNIC LUNCH AT A PARK.

IF YOU HAVE PETS, CUDDLE THEM, WALK THEM AND EXPRESS THE FEELINGS YOU HAVE TO THEM.

COMMUNICATE WITH OTHERS: CALL LOVED ONES/FRIENDS/FAMILY MEMBERS OR ATTEND RSN SUPPORT GROUPS. CONNECTING WITH OTHERS, EVEN IN SMALL WAYS, CAN HELP UPLIFT YOUR SPIRITS.

