

# Self-Care Guide

## 25 Ways to Improve Your Health & Well-Being

- ◆ Eat well and stay hydrated – drink 2 litres of water a day.
- ◆ Have a glass of water beside your bed. If you don't drink it at night, drink it first thing in the morning.
- ◆ Get enough sleep and do your best to stay on a consistent sleep schedule.
- ◆ Put your phone on the charger in another room when you go to bed.
- ◆ Go for a 20-minute walk once or twice a week.
- ◆ Say something kind to yourself in the mirror while you are brushing your teeth.
- ◆ Practise gratitude daily, even if it's simply for the air you breathe.
- ◆ Write in your journal.
- ◆ Draw something you love or get a colouring book.
- ◆ Meditate or practise mindfulness.
- ◆ Read a good book.
- ◆ Join a book club or local social group.
- ◆ Call a loved one.
- ◆ Create a relaxing spot in your home where you get to rest and chill.
- ◆ Spend time watching your favourite tv show or movie.
- ◆ Ask for help when you need it.
- ◆ Say no when someone asks you to do something you don't want to do.
- ◆ Admit when you are wrong and say sorry, but don't apologise when you're not wrong.
- ◆ Forgive ESPECIALLY when you don't feel like it.
- ◆ Trust your instincts.
- ◆ Limit the time you spend on social media and focus more on real-life relationships.
- ◆ Sing along and dance to your favourite songs.
- ◆ Focus on your strengths not your weaknesses.
- ◆ Stay away from drama.
- ◆ Practice smiling every day. It will make you more joyful and peaceful.

**REMEMBER:** *be kind to yourself*