



A LITTLE SELF-CARE GOES A LONG WAY.

Self-care is a vital part of maintaining good health and a balanced and fulfilling life. It is a way of living that incorporates behaviours that help you to reset, be and feel refreshed, whilst increasing your positive thinking, reduce your stress levels and increase your immunity.

Set yourself three self-care goals for the week and jot them down below to hold yourself accountable!

1.

2.

3.