

5 Super Easy Self-Care Tips You're probably already doing.

- 1. Breathe.**
5 to 5. Inhale for a count of 5. Pause for a count of 5. Exhale for 5. Pause for 5. Repeat 5 times.
- 2. Stretch.**
According to your present ability take 3 deep breaths in each stretch. Raise your arms. Touch your toes. Get on all fours and round your back up and down. Lie on your back and raise one knee to your chest and then the other.
- 3. Drink water.**
5 to stay alive. 8 makes it great!
Dehydration contributes to exhaustion, everyday aches & pains, and stress. Hydrate and moisturize regularly for a healthy body and mind.
- 4. Love the one you're with.**
Whether you're alone, with your kids, partner, co-workers, or even a stranger, choose to spread some love around. Offer to make a snack, or cup of coffee, or hold open a door. Even the smallest of gestures will lighten your spirits & theirs.
- 5. Let go of guilt.**
Setback. Just let it go. Guilt is an energy sucker and does not serve us. If you're sorry, apologize. If you can, make it right. And then move on and do better.