Self Care

Functional
- Manicure/Pedicure/Hair
- Acupuncture, Reiki, yoga or meditation.
- Community - club, sport, wine club, book club, knitting club, golf group, hockey team, etc.

Observable
- Smell flowers, listen to sounds of nature, listen to music or be in silence.
- Create beauty and ease in your home. Clutter free, plants or elements of nature, bath time enhancements.
- Sensory input - blankets, tea, aromatherapy, scented lotion, comfortable clothing.

Proactive
- Maintain a healthy, realistic and sustainable diet.
- Set healthy boundaries. Stick to them.
- Get medical check ups. See a therapist or psychologist.

Extraordinary
- Get a pet and put all your love into caring for them.
- Take a vacation.
- Challenge yourself. Try something new.

* Put your own oxygen mask on first *