



15 SELF CARE TIPS TO GET YOU STARTED

- ◆ Take a bath
- ◆ Spend time with family
- ◆ Make a bucket list
- ◆ Look through some old photo albums
- ◆ Be kind to yourself
- ◆ Give someone a hug, just because
- ◆ Have a yummy treat
- ◆ Laugh out loud for no reason
- ◆ Celebrate something small you've done this week
- ◆ Keep a journal
- ◆ Have a hit of golf
- ◆ Listen to your favourite song and sing or dance around
- ◆ Watch the sunset
- ◆ Make yourself a cuppa and sit in the sun drinking it
- ◆ Tick something off your bucket list

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