10 SIMPLE SELF-CARE TIPS

1. Know that you are worthy of the very best things in life; lovingly allow yourself to accept them. Start each day with this daily affirmation to improve mindfulness & overall mental health.

2. Eat as healthy as possible but leave room for "treat days." Note to self: When we eat like crap, we feel like crap. Cook, try new recipes and new foods. Your body is a temple so treat it as such.

3. Pick your battles wisely. Everything does not need to be overanalyzed and over-exaggerated. In the grand scheme of life, some things really don't matter as much.

4. Walk daily: Walking improves cardiovascular health, relieves stress, increases muscle endurance and releases feel good hormones that lift your mood all day.

5. Create a daily self-care checklist and make a promise to yourself to stick to it no matter what. If you can't keep a promise to yourself, you should not be making them to anyone else. Choose to make yourself a priority every day.

6 **Seek out things that make you laugh daily.** A good laugh stimulates organs, soothes tension, relieves pain, improves immune system, puts you in a good mood and increases personal satisfaction.

7 **Create a budget and stick to it.** Financial struggles are one of the most stressful things that affect your mental, physical, and emotional health. Be disciplined; practice makes permanence.

8 **Dress good to feel good.** Putting the effort into your appearance is saying to yourself "I am important." Studies have shown that looking good improves self-confidence and and leaves a great first impression.

9 **Develop a growth mindset.** Looking forward to the future, setting goals, finding your tribe, learning and trying new things, and letting go of the past improves your emotional health. Keep feeding your soul!

10 **Have GRACE with yourself.** Everything will not always go according to plan and we all make mistakes. Love yourself enough to be self-forgiving. "To err is human and too forgive is divine."