

5 WAYS TO BE AWESOME AT SELF-CARE

Recharge by taking care of your physical, mental and emotional health.



TAKE TIME FOR A MOOD BOOSTER

To help lift your mood, set aside 15 minutes to do something you really enjoy. Listen to a few of your favourite songs or make a cup of tea.



WRITE IT DOWN

Use a diary either to keep track of all the personal goals you've set and met, or to write about your day. Describe both what was crappy and what you're grateful for.



LOG OUT TO CHILL OUT

If you find you're comparing yourself to insta-models, close the app and go for a walk, or call a friend and have a good chat.



TAKE YOURSELF ON A DATE

Grab some ice-cream or a coffee and just enjoy your own company without the pressure of being on an actual date.



PUMP UP THE POSITIVE VIBES

Write down the achievements and personal strengths you're proud of, and then look at (and add to) the list whenever you're being hard on yourself.

Tools, stories and information for whatever life throws at you.
ReachOut.click/SelfCare

