

How to practice self-care

Self-care is all about taking care of yourself – physically, emotionally and even spiritually. Self-care can help you feel healthy and grounded rather than stressed and frantic. It's just as important to care for your emotional needs as the physical ones!



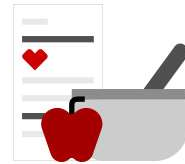
Emotional

Aromatherapy is a great way to help yourself get energized for the day ahead or to help your body unwind and relax after a long day.



Mood

Vitamins and supplements may be able to help improve mood and energy levels, so take the time to talk to your doctor or pharmacist if you think that you may benefit.



Drink tea

Try a warm cup of tea, a weighted blanket or a warm compress to help soothe away the physical and mental stress of the day.

