

Start each day anew.

Treat yourself!

Leave your work at work.

Eat well and hydrate.

Use positive self talk and affirmations.

Unplug from social media.

Get out into nature and breathe.

Read a book just for you!

Exercise.

Self Care is Self Maintenance

Practice a growth mindset.

Plan fun activities for after work or the weekend.

Learn new skills.

Ask for help if you need it.

Express your feelings.

Make time for family and friends.

It's okay to say no. Practice this.

Practice your spirituality or religion.

Meet new people.

Get enough sleep and rest.

Listen to your favourite music.



ink saving Eco

Working With Self Help

Roman Wölfel



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