

Spa/Environment

“Fall in love with taking care of yourself: Mind.Body.Spirit.” –*Unknown*

Rest and recharge for a moment or two

Take a warm bath or shower “just because”.

Use shower “tea bags”, bath “bombs”, scented Epsom salts, or other additives to your bath or shower for additional enjoyment.

Buy yourself a little something—a flower, a candle, new book, journal, etc.

Oxygenate by taking 3 (or more) deep breaths

Stretch out the kinks (you can always head to the bathroom stall to avoid strange looks)

Go for a walk

Self-soothe by rubbing on moisturizer

Give your body a treat—pick something from (or buy something for) your wardrobe that feels great next to your skin

Inhale an upbeat smell—try some invigorating essential oils

Stroke a pet

Sit around in your robe, and read magazines

<http://www.fgwrc.ca/uploads/ck/files/Resources/Factsheets/FactSheetSelfCare.pdf>

<https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<http://www.npr.org/2017/06/04/531051473/the-millennial-obsession-with-self-care>