3 steps you can take towards self-care today

1 **Ask yourself:** what did I do for myself today? Try and think of one thing you can do to make yourself feel happy.

2 **Remind yourself** to practice some small acts of self-care such as: taking a break, doing some deep breathing, drinking enough water, or connecting with a friend.

3 **Appreciate yourself** by acknowledging that the care you provide matters – it makes a difference to others.

Self-care is a necessity, not a luxury

My Care *matters*