WOMEN'S HEALTH AWARENESS

SELF-CARE IDEAS FOR WOMEN

PLATINUM HEALTH

How often do you do things that are solely for you? When was the last time you did or engaged yourself in something that made you happy? If the answer to the above is often, then it's excellent, and you should keep going. But if it's mostly no, then maybe you should take a break, start thinking about it, and emphasize the "why'.

Eat a healthy snack to nourish your brain & body.

Enjoy a cup of hot tea.

Make a list of some people & things you are grateful for.

Read a book for 10 to 15 minutes.

Take a stretch break in the middle of emails.

Take a walk outside and pay attention to what you see.

Call a friend to chat.

Light an aromatherapy candle.

Turn your phone off for 30 minutes.

Listen to a meditation or watch a yoga video.

Take five minutes to sit down and take a deep breath.

Get into bed 15 minutes earlier.

Notice the way the water feels when taking a shower.

Journal your thoughts.

Smile and remember to enjoy what you are doing.

You'll be surprised to learn how little effort it takes to boost your mood or escalate your overall emotional and mental health. Practicing or indulging yourself in a few self-care techniques or ideas to pamper yourself occasionally can boost your mental wellness.