

THE FOUNDATIONS OF SELF-CARE



Sleep - *Restore, repair and rejuvenate.*

Resting your body and your mind is crucial during the changing seasons.



Nutrition - *A balanced diet is key to successful self-care.*

Continue to adjust your nutrition intake based on your needs.



Movement - *Exercise keeps you balanced.*

Even 30 minutes of physical activity daily can benefit your overall well-being.



Connection - *Social connection boosts mood.*

Building bonds with others brings purpose and passion year-round.



Mindfulness - *Make self-care intentional.*

Practice mindfulness consistently to foster personal growth and success.

SELF-CARE FOR EVERY SEASON



Summer

Energy and excitement.

During the warmer months, staying hydrated, protecting your skin and spending time outside can strengthen your self-care routine.



Fall

Balance and well-being.

Create a fall schedule, and be sure to make time for mindfulness and a strong sleep routine.



Winter

Rest and restoration.

Don't let the cold get the best of you. Create a self-care space, find a new skin-care routine and spend time planning for the new year.



Spring

Growth and renewal.

Prepare for the sunshine by refreshing your routines and decluttering your space and mind.

