

Self Care Activities



There are many other types of self-care activities you can and should engage in to ensure your health and wellbeing are well looked after. Of course, each of us have our own preferences so some of these may be more interesting to you than others.

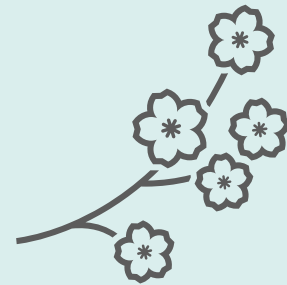
The Spa

Going to the spa is one of the most relaxing and enjoyable experiences – and it is a great reward for achieving a goal, making it through a challenging situation, or simply just because!

Take the opportunity to treat yourself to wonderful afternoons, either by yourself or with the girls.

Spas have a variety of different ways to totally pamper and indulge yourself and you should enjoy every second of them.

- Massages & Facials
- Pedicures & Manicures
- Acupuncture



Vacations



Vacations are necessary for all of us to rest and recharge from work. They allow you to distance yourself from everything in your life and simply enjoy living. If you've ever gone too long without having time off, you know how it negatively impacts you professionally and personally.

Vacations are the opportunity to adventure into the unknown or retreat to familiar territory. See whatever you want. Stay wherever you like. Do what you like.

- Cruises – See the ocean views of coastal cities all over the world.
- Camping – Live down to earth and see the beauty of the nature that surrounds us.
- Vacations - Get to go wherever you want and stay wherever you desire.

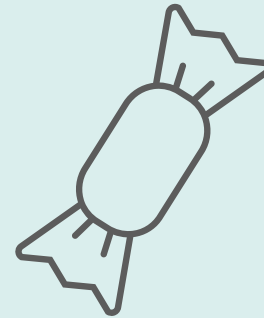
What is on your travel bucket list?

Treat Yourself

Treating yourself is another great form of self-care. Have you been wanting to buy a certain book for awhile? To go to a certain movie or special event? Maybe you've been wanting a new backyard patio set or even a kitchen renovation? Make it happen – and see how you feel about it :)

Your hard work needs to be appreciated by everyone, including yourself. You should feel proud of all the effort you put into your work, and you should feel proud about being able to treat yourself.

Don't be afraid to splurge on yourself!



Treating Others



This can be linked to treating others. A unique form of self care is treating those around you. Appreciating those around you brings an incredible amount of joy to your soul. Getting an unexpected gift for someone who had an incredible impact on your life is truly heart warming.

You can treat anyone in your life that means a lot to you:

- Family Members
- Business Partners
- Partners (Husbands, Wives, etc.)
- Friends

Alone Time

Sometimes the most important self-care is the gift of being alone. Yes, that allusive 'quiet' time. You may have to say no or take a pass on an invite from a family member or friend to indulge in some much-needed alone time. Most of us need time to simply process and think...you'll know it when you need it!



