

The Art of **SELF-CARE**

Self-care tips to improve mental,
emotional & physical wellness

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Exercise

Find time in your schedule for physical activity (walking, yoga, sports, gym).

Express Yourself

Express thoughts & emotions through art, writing, music or some other creative outlet.

Connect

Communicate with friends & family to show love, gratitude & appreciation.

Love Yourself

Use positive affirmations to boost confidence and self-love.

Rest

Adequate sleep keeps you fresh and alert throughout the day.

Eat Healthy

Consistent, healthy meals provide nutrition to help you look & feel better.

Meditate

Ten minutes of meditation a day improves mental and physical health.