

# 6 SIMPLE TRICKS TO MAKE SELF-CARE PART OF YOUR DAILY ROUTINE



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Practicing self-care is so important, and yet many of us don't know where to start or how to fit it into our busy schedules. If that's you, fret no more: Here are six easy ways to make self-care part of your daily routine.

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# STEP 1

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## Get Up Earlier



Set your alarm clocks, because one simple way to improve self-care is to wake up a little earlier. Early birds tend to be more motivated, proactive, and optimistic, and they're more in control of their day. Leaving extra time before work allows you to exercise (see #2!), meditate, and enjoy a nutritious breakfast. Just make sure you go to bed earlier, too.

# STEP 2

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## Exercise!



The importance of regular exercise cannot be understated. It is, of course, extremely beneficial for the body, but it's also invaluable for the mind. It relieves stress, improves problem-solving, and instills confidence. Not sure when to fit exercise in? Try taking a walk on your work breaks or before dinnertime.

# STEP 3

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## Try Alternatives



Be open to “unconventional” forms of self-care, like acupuncture, chiropractic care, or massages. Many people find relief from these services, though they may not be covered by medical insurance.

# STEP 4

## Just Say "No"



You don't have to agree to everything people ask of you, and in fact, you shouldn't. Take back control over your life by learning to say "no" every now and then. Don't be rude; instead, be honest about why something won't work for you. Saying "no" means you can focus on what truly matters to you.

# STEP 5

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## Take Sleep Seriously!



Getting up early is great, but make sure you get enough sleep, too. Sleeping for 8 hours each night improves your physical health, immune system, mood, and focus. Choose a bedtime at least 8 hours before your new early-bird wake-up time, and make sure you stick to it.

# STEP 6

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## Enjoy the Little Things



The little things matter, so make sure you're enjoying simple activities that bring you joy. Whether it's gardening or curling up with a good book, finding an activity that allows you to slow down and destress will do wonders for your self-care routine. Make time for yourself and your joys every day.