



Self care isn't just face masks
and baths...

REAL SELF CARE TIPS!

Continue 

@lia_nees



We tend to think of self care as doing face masks, taking baths, having a piece of chocolate, etc. While this type of self care is **AMAZING** and necessary, we often forget about an even more important form of self care: **MEETING YOUR BASIC NEEDS.**

Continue →

@lia_nees



Next time you
start to feel 'off'
ask yourself these
5 questions:

Continue →

@lia_nees



Did I get enough sleep last night?

Have a had enough water today?

Have I breathed deeply?

Have I been eating foods that support my brain?

When's the last time I connected with someone who loves me?
