10 Self Care Tips

- Take a hiatus from technology and unplug from social media to relieve tension
- Drink water with lemon or organic herbal teas
- Diffuse essential oils as an alternative to traditional synthetic air fresheners
- Light a natural soy-based candle to set the mood for personal meditation
- Take a brisk walk outside in fresh air
- Give yourself a nontoxic mani/pedi
- Keep a gratitude journal
- Read a book or listen to a podcast
- Do yoga or other forms of flow movement
- Practice deep breathing as a stress reliever

Remember it takes discipline to do the things that are good for you.

Created by Sisters in Control: Environmental Justice Program
www.bwwla.org