

# 30 DAYS OF SELF-CARE

Our Instagram community wants you to try their favorite self-care tips—start today and see what a true force of nature you can be!

1

Sleep! For your physical, mental + emotional health

@ixixlxi

2



Turn your phone off

@kelly.molloy1

3

Play an instrument [or the radio] to de-stress

@emma\_downing6

4



Stay hydrated!

@katrinakasyan

5

Take time out to breathe, relax and take in nature

@roseevergarden

6



Face masks + favorite movies

@deliliah\_18

7

Sing really loudly in the car

@haileybaloney

8



Try a skincare routine

@kjo.beauty

9



Write letters

@eden\_pratt

10



Soak in a bath for a while

@jennyjonesyall

11

Yoga and lots of rest

@papaikta

12



Go for a bike ride

@cmholcomb\_18

13

Take a relaxing moment after a stressful week

@the\_candid\_correspondent

14

Take yourself to lunch and a movie

@andi\_and\_the\_jess\_

15



Tidy up while listening to music

@anna.rose.j

16

Pause during a hectic day to appreciate existing in the moment

@pie\_kookie\_

17

Get organized: Make a schedule and a checklist

@anna\_clarep

18

Give yourself a mani/pedi

@sarah\_eden

19



Order takeout in your pajamas

@laurenladybird

20

Get out of your comfort zone and try something new!

@mackenzzay

21



Meditate

@liv.oa

22

Schedule time for yourself

@photoastica

23



Think positively

@mariapulido03

24



Face mask + hot tea + a good book

@hseedee

25

Remind yourself that you're cared for and loved

@katiethesloth

26



Hot bath, candles, and some music!

@mary\_margaret

27



Write in a gratitude journal

@hakuna\_makana

28

Watch a comedy

@mayrabby14

29



Read after everyone else is in bed

@jtomfoolery

30

Remember that every day is a fresh start. You've got this!

@burtsbees