



# International Self-Care Day

is coming July 24, 2018

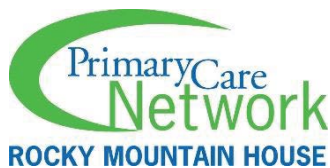


What is self-care? Self-Care is about being as kind to yourself as you are to others. Self-Care is an activity done to take care of our mental, physical, emotional, spiritual and relationship health.

What do you do for self-care? Make self-care a part of every day by incorporating activities and attitudes for self-care.

For Example: Go for a walk at lunch-time, eat food that makes you feel good, have a pedicure, connect with a friend, ignore laundry mountain for today, meditate, read a book, find a non-work hobby, buy yourself flowers, write in a journal, have a massage, buy new underwear, have family dinner together at the table, use your vacation time, pray.

If you need some help developing a self-care plan, join our **Happiness Basics** four-week workshop beginning Thursday, August 9, at 1:30 p.m.



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