

International Self-Care Day

Self-care is tailored, intentional rest and care for yourself that allows you to stay at your best. Celebrate International Self-Care Day by trying out some of the activities below!



Call someone you love



Connect with nature



Cook a nutritious, filling meal



Go to your favorite place



Watch a movie you love



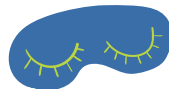
Listen and dance to music



Practice gratitude journaling



Do a digital detox



Get enough sleep



Change your sheets

July
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