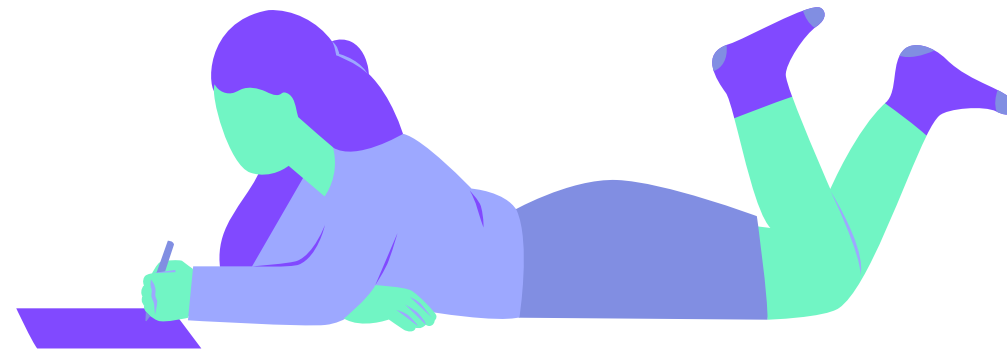


10 SELF-CARE mood boosters



1. Go outside for a daily walk



2. Journal every morning

3. Spend more time with family & friends



4. Take time to indulge in some pampering



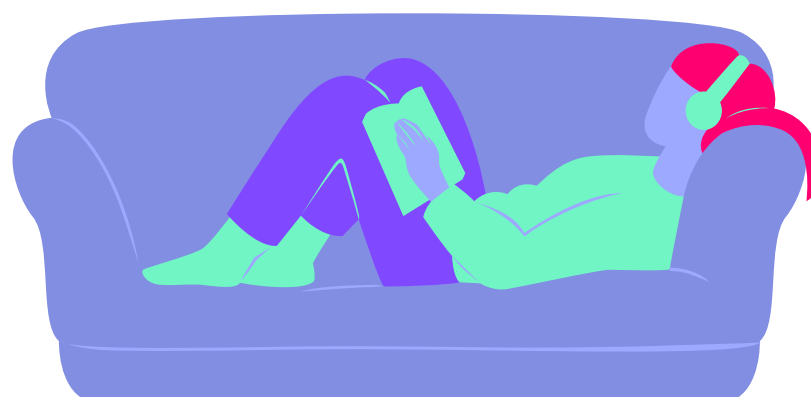
5. Declutter your home



6. Practice positive affirmations



8. Read more books



7. Get more sleep every night

10. Schedule time for daily meditation



9. Take up yoga