

**Self-care** is simply about tuning in and paying attention to your needs at the moment, which doesn't require a lot of time or money.

## Here are seven things you can do right now:

- 1. Take a hot bath.** You can add Epsom salts to soothe tired, aching muscles. Or bubble bath (even mild dish soap) and soak to your heart's content. Channel your inner child and make a bubble beard (come on, you know you used to do that...)
- 2. Blast your favorite music and dance like no one is watching.** Show the Universe your best moves. If others are with you, show them that you once knew all the moves to N'SYNC's "Bye, Bye, Bye" or Michael Jackson's "Thriller" or make up your own groove.
- 3. Move your body** in some other way. Try some gentle stretching, or yoga postures. If you take a moment to tune in, you'll find that your body can tell you what kind of movement you really need right now.
- 4. Get outside.** Breathe in deeply. Notice the breeze, the sun. Look for signs of life around you, whether you are in the country or city, find the beauty that is all around you.
- 5. Connect to happy memories.** Think of all the things you have enjoyed in your life. Recall those things to mind, or look at photos or videos of them. Make some of your favorite foods, watch favorite shows or movies – whatever reminds you of happy times.
- 6. Check in with yourself** to see what you need *in this moment*. "What would make me happy *right now*?" Do this as you dress in the morning. Maybe you want something extra comfortable, or colorful to wear. Maybe, in this moment, a bowl of ice cream is

exactly what you want! Practice paying attention to what you need, or what will bring you joy, as much as you can.

- 7. Try a brief meditation.** There are many approaches to this practice, and lots of options online that you can research and try. If you sign up for our mailing list on our website, you can download a free short meditation (eight minutes) on self-love to use at any time.

**Remember, it isn't "selfish" to make self-care a priority. If you don't take care of yourself, your Light won't be able to shine as brightly... and we need you! ♥**

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