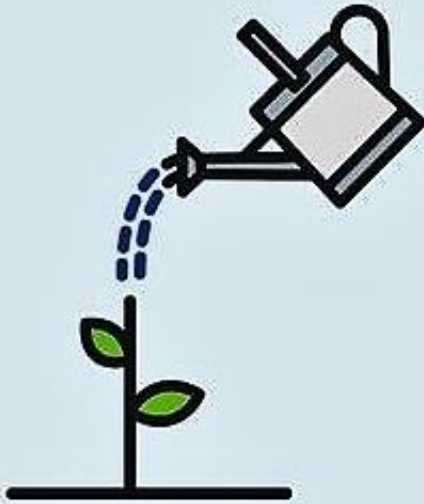


## What is Self-Care

Self-care is all about making a continuous decision to prioritize and look after your mental, physical, emotional and spiritual wellbeing.



**YOU GOTTA  
NOURISH  
TO FLOURISH**

Happiness and Wellbeing Centre  
**SELF-CARE**



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## Why Self- Care

Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. You cannot give to others what you don't have yourself.





### How to look after yourself?

Take a minute to examine where you are at in the pillars of self-care and work on the pillars that need more attention. Develop a self-care plan for yourself and put it in action. The plan can be in the form of daily routine, weekly or forth nightly goal.

### PRACTICAL WISDOM FROM PLANTS



REMEMBER TO STAY HYDRATED

ALWAYS REMAIN GROUNDED



Remember to **INCLUDE ALL THE FOUR DIMENSIONS OF SELF-CARE** (See below) in your Self-Care Plan.



For more assistance on self-care, contact the Happiness and Wellbeing

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