

Fall in love with
taking care of
yourself.

Mind, Body, Spirit

SELF-CARE

Remember to take
care of yourself.

You Can't Pour
from an empty cup.

SELF-CARE

A heart at peace,
gives life to the body.

SELF-CARE

Almost everything
will work again
if you unplug it
for a few minutes...
including you.

~Anne Jett

SELF-CARE

You will never have
this day again.

Make it Count.

SELF-CARE

Be grateful.

Slow down.

Enjoy life.

SELF-CARE