7 WAYS to be kind to yourself daily

1. Put your phone down, close your laptop and take time to reconnect with yourself.
2. Give yourself three compliments.
3. Go for a walk outside to get some fresh air.
4. Cook a nourishing meal or go to your favourite restaurant.
5. Do a little self-care routine.
6. Practise mindfulness.

Kindness Week
25-29 October 2021