

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
- 7 Read an uplifting book



Kindness Week

25-29 October 2021