

flow



In today's world, people say "Self Care is sooo important!" constantly.

What does that even mean, though?



Is it giving yourself  
a nice spa day?



Is it buying lots of stuff to make  
yourself feel better?



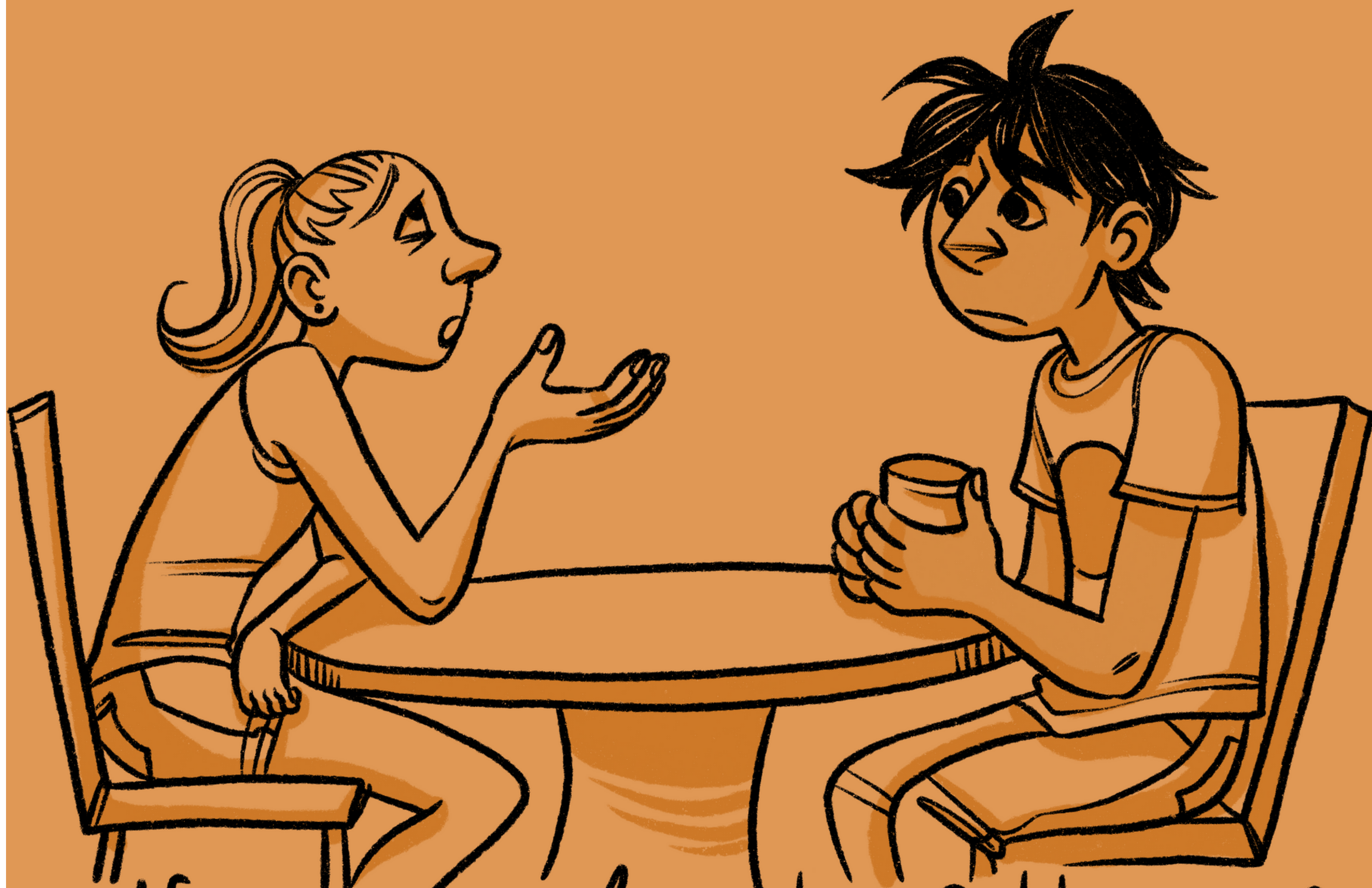
Is it indulging in  
a bunch of  
things you  
know aren't good  
for you because  
you "deserve it"?



Not really. Because the thing is, ACTUAL "self care" is not always going to be comfortable or easy.



Maybe for you,



Self care needs to be getting up  
the courage to finally tell someone  
you're struggling.



Maybe it's choosing to eat better and move your body more to feel better mentally and physically.



Maybe it's just allowing yourself  
to really and truly rest.



Whatever it is may initially not be  
what you think you want & it  
may be uncomfortable.



but real self care is giving yourself  
what you need.