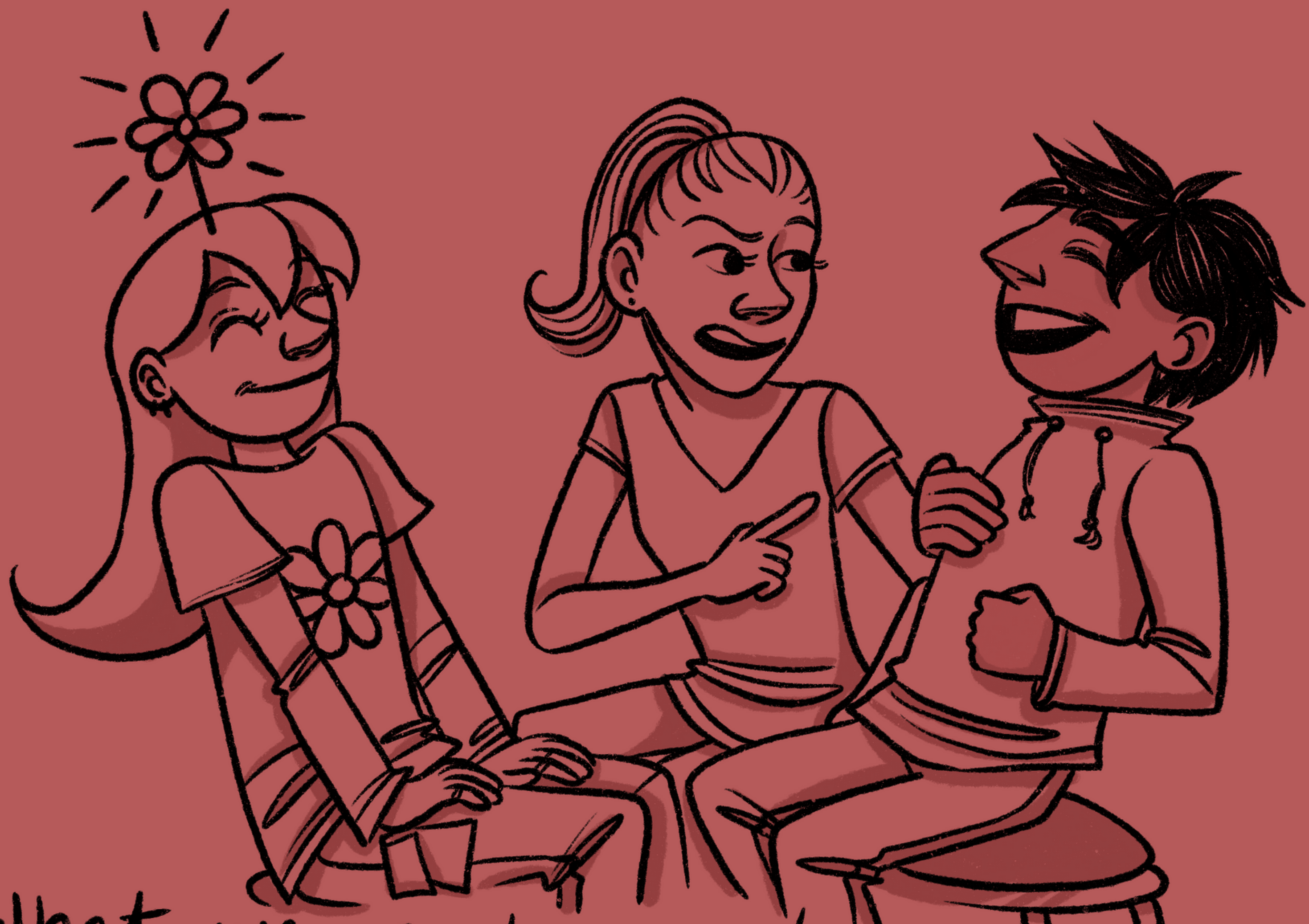


"Self care" is a phrase that's thrown around a lot, but we don't always talk about the individuality of it.

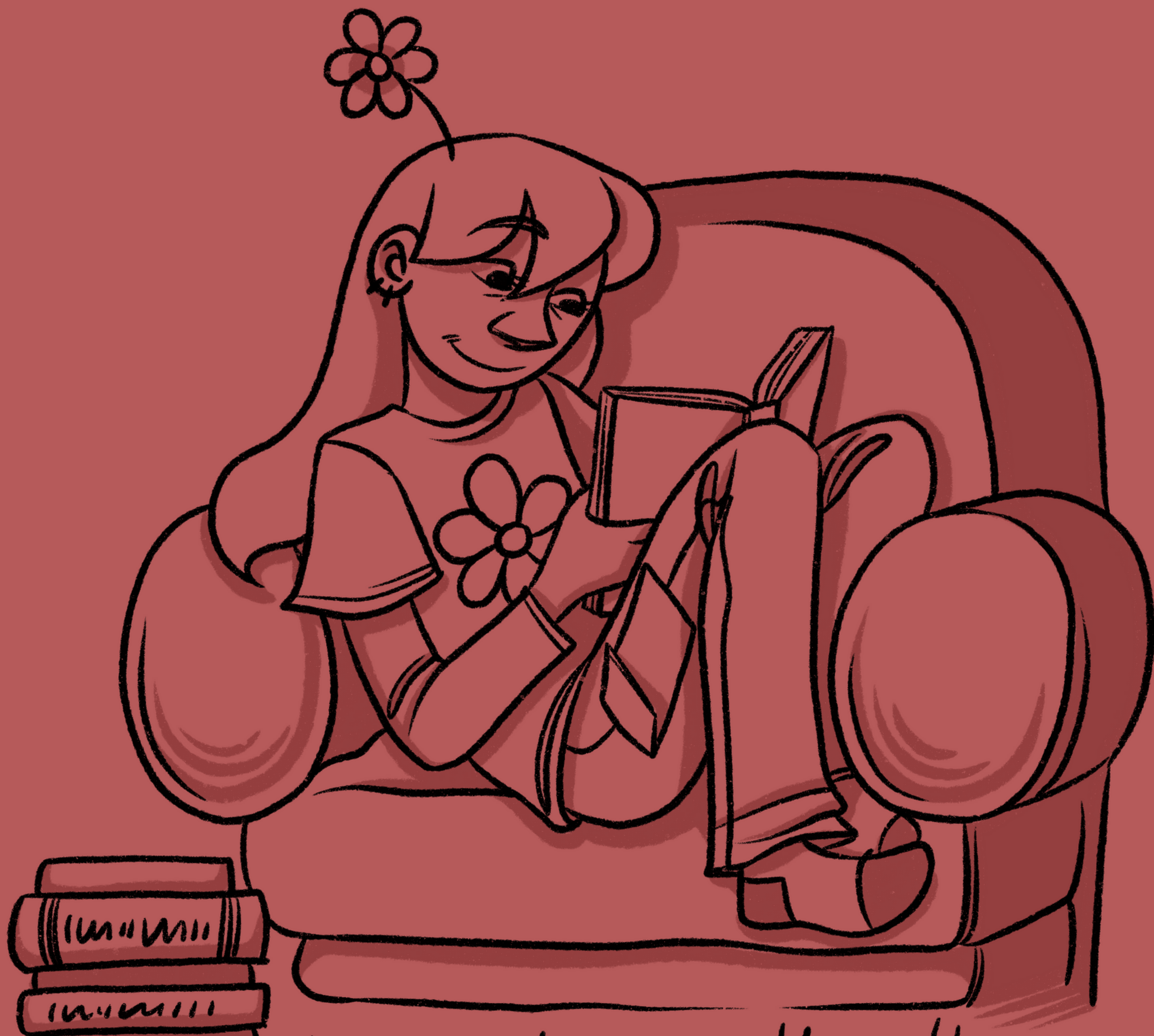






What we each need to "water our gardens" + bring us back to life is as different as each individual is.





For others, though, time with others is draining & time alone really feels like caring for yourself.



Going on a long  
walk or run  
can really help  
you give yourself  
a little jump  
start as well.  
I know, I know!  
Trust me, even  
just a short  
little walk can  
magically clear  
your head.



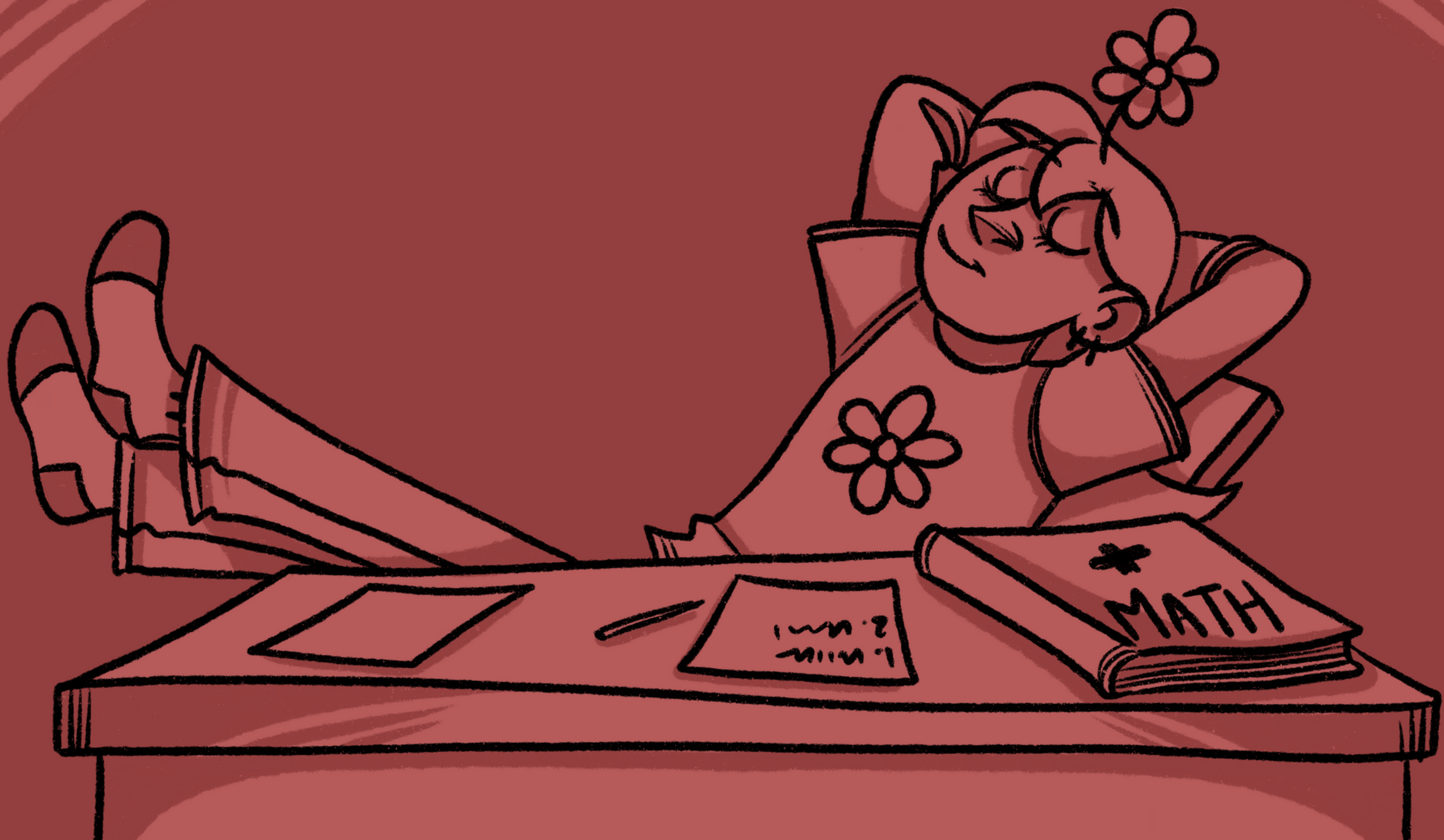




Or, sometimes you just need to let  
your mind + body fully rest.



Self care can even look like simply allowing yourself to take a little break from whatever you've been working hard at.





Or other times,  
self care is just  
getting yourself  
a lil' treat.





Self care is totally unique for everyone.



In order to really care for yourself, it's important to first pay attention to your own individual needs.