

SELF CARE PRACTICES

Self-care is a fundamental aspect of maintaining overall well-being and ensuring a balanced and fulfilling life. Self-care isn't a selfish act; rather, it's a necessity for maintaining good health and providing the capacity to care for others effectively. Embracing self-care as a non-negotiable part of daily life is a powerful investment in one's own health and happiness, contributing to long-term physical and emotional well-being.

