

11 Daily Self-Care Ideas for the Body, Mind & Soul

Habits are powerful. Much of what we do everyday is on autopilot, meaning we don't think about it. Once you've built a habit, it will be natural to practice it.



Physical Self-Care

- Get 8+ hours of sleep a night
- Do daily exercise
- Track your water intake
- Eat sit-down meals

Mental Self-Care

- Turn off your screens
- Journal, read or create
- Connect with your spouse

Spiritual Self-Care

- Connect with God
- Express gratitude
- Laugh
- Practice deep breathing

