



5 Sustainable Self Care Habits



01

DIGITAL DETOX

Empower yourself by muting the noise of social media. Heavy social media users are 5X more likely to develop depression. Give yourself the gift of a digital detox.

Getting 7-9 hours sleep per night will improve your reactions to stress and reduce your chance of developing health problems such as obesity and high blood pressure.

02

GET ENOUGH SLEEP



03

IDENTIFY A SUPPORT SYSTEM

Whether it's a friend, partner, counsellor or therapist having someone to talk to and process things with is essential to both our emotional and psychological wellbeing

Try to eat more whole foods and skip the processed junk food when possible, and make sure you drink enough water. Studies have shown that being dehydrated by just half a litre of water can increase stress hormones.

04

EAT WELL AND STAY HYDRATED



05

EXERCISE REGULARLY

Just 10 minutes of physical activity a day will provide a mood enhancement. Exercise also increases endorphins, helps improve sleep and improves symptoms of anxiety and depression.

