

Self-Care | Made Simple

Self-Care Defined: The practice of taking an active role in protecting one's own wellbeing and happiness.

Three Key Pillars:

Eat Well

Stress Less

Move More

Consider This:

Eat Well

— Almost anything you can cook at home will be healthier than dining out

Try This:

Eat Well

— **Make your favorite meals at home!** Create your versions of restaurant-style recipes at home