

Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

26TH OF MARCH



Click above for an article on courageous self-care.

Take care of
YOURSELF

self love
noun

1. A regard for one's own well-being and happiness.
2. A state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth.

Click the image above for an article on self-love and ways to cultivate it.



Click the image above for a Self-care meditation.

This Week's Affirmation:

I am at peace with myself.



In the mood to color?

Click the image above and enjoy.

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LIFELINE