

# DAILY CARE



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Reset yourself quality time every day for the benefit of your health and well-being.

1 hour of exercise



2 liters of water



3 deep breaths



4 fruits



5 small meals



6 songs that motivate you



7 minutes of laughter



8 hours of rest



9 pages of a book



10 minutes of reflection and appreciation



Self-care is a philosophy of life lined to the realization of daily activities consciously for personal care and cultivation. Take time to reflect, discover skills and get to know yourself better. Paying attention is the first step to becoming aware of your feelings and needs in order to be the best version of you.



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**Reference:**

Sanchis,S. (18 febrero2020). What is personal and emotional self-care. Recovered from <https://www.psico-logia-online.com/que-es-el-autocuidado-personal-y-emocional-4951.html>.