**30 Self-Care Tips**

1. Spiritual self-care is all about nourishing your soul.
2. Emotional self-care can help you better control and express your emotions
3. Practicing self-care helps to reduce stress and prepare you for unexpected events.
4. When starting a self-care routine, focus on the most important tasks first.
5. Place importance on your well-being by scheduling self-care into your calendar. It takes 30 minutes or less to do but the rewards are great.
6. Take a day to focus on yourself. It will rejuvenate your mind and body.
7. Keeping your self-care routine simple is key to sticking to it.
8. Setting a goal will help you stay motivated during your new self-care journey.
9. Fill your self-care routine with things you enjoy so you'll stick to it.
10. Follow people who focus on self-care to gain ideas and inspiration from them.
11. Mix it up! To stay motivated, incorporate several things into your self-care regimen.
12. Stay flexible with your self-care routine. This gives you the ability to adjust without losing momentum.
13. Self-care should include things that improve your mental, physical and emotional well-being.
14. Remind yourself of why you are taking better care of yourself. It will boost your motivation.
15. Practicing self-care isn't being selfish. It's about caring for yourself while you care for others.
16. Self-care isn't about over-indulging in things that are bad for you. It's about doing something that brings you joy.
17. Practicing self-care allows you to boost the immune system and optimize your overall health
18. Did you know that self-care can help to boost your productivity?
19. Strengthen your relationships by practicing self-care.
20. When you make self-care a priority, your self-esteem will improve.
21. Forgive yourself for past mistakes and resolve to do better from now on.
22. Self-care includes learning to trust, value and respect yourself. Make a promise to yourself that you'll work on these things each day.
23. Treat yourself like you would treat a friend; with warmth, kindness and compassion.
24. Accept yourself for who you are but strive to be even better.
25. One of the best ways to improve your well-being is to stop trying to be perfect. Perfection is unachievable.
26. You can tear yourself down or you can lift yourself up. One causes grief the other causes happiness. Which would you prefer?
27. Every day think of 3-4 things you are proud of. Things you appreciate about yourself.
28. Everyone stumbles. When you do, take it with a grain of salt and keep moving forward.
29. When your self-critic comes out, view yourself from a friend's point of view. Look at the whole picture and see how you can improve.
30. Be kind to others. By paying it forward, your own happiness will grow.