**Social Media Posts Self-Care for Beginners: Establishing Self-Care Routines**

**Facebook:**

1. TIP: When you’re starting your self-care journey, it helps to work towards a goal LINK

2. TIP: It’s important to ensure your self-care routine includes things you actually enjoy rather than adding things just because they’re good for you LINK

3. TIP: Try brainstorming ideas you can use in your self-care routine. This will give you inspiration when you want to mix it up LINK

4. TIP: Try and keep your self-care routine as flexible as possible LINK

5. TIP: Starting with the very basics is the best idea when creating a self-care routine LINK

**Twitter:**

1. Setting a goal can help you start your self-care journey LINK

2. Don’t forget to only focus on the things you enjoy in your self-care routine LINK

3. Get self-care inspiration by brainstorming ideas LINK

4. Keeping your self-care routine flexible will increase the chances of sticking to it LINK

5. Make sure to start with the basics when setting a self-care routine LINK