**Social Media Posts What Self-Care Is and Isn’t**

**Facebook:**

1. TIP: Self-care is any task which helps to improve our physical, emotional and mental health LINK

2. TIP: Self-care doesn’t mean you can indulge in the things that are bad for you simply because you enjoy them LINK

3. TIP: While self-care includes not denying yourself the things you love, it’s important not to overindulge LINK

4. TIP: If you want to make sure your self-care routine is effective, follow a basic checklist LINK

5. TIP: Adequate self-care isn’t selfish, it’s about finding a balance between looking after your own needs as well as those you love LINK

**Twitter:**

1. Self-care should involve tasks to improve your mental and physical health LINK

2. Self-care isn’t about over-indulgence LINK

3. Avoid these common misconceptions over what is and isn’t self-care LINK

4. Following a basic checklist can help you establish effective self-care LINK

5. Good self-care balances taking care of your own needs as well as others LINK