**Complementary Blog Post: What Self-Care Is and Isn’t**

**Subject:** New post – Do you know what self-care is and isn’t?

{Hi Firstname}

Self-care is crucial if you want to live a healthy, happy life. However, there’s a lot of misconceptions over what self-care actually is and isn’t.

A lot of people aren’t seeing results from their self-care routine simply because they’re focusing on the wrong things. It’s important to have a good understanding of what self-care does and doesn’t involve if you want to gain its benefits.

In today’s post, I’ll reveal what self-care is and what it isn’t. If you want to ensure you don’t fall into the common misconceptions of self-care, you’ll want to check out this blog.

LINK

I’ll show you exactly what self-care is, along with some of the most common misconceptions you’ll want to avoid. You’ll also discover a brief checklist you can follow to ensure you’re focusing on the right self-care routine for you.

Don’t miss this fab post!

{Sign off}