**Social Media Posts How to Start Self-Care**

**Facebook:**

1. TIP: When starting out with self-care, it can really help to focus on the most important tasks first LINK

2. TIP: If you struggle to make time for self-care in your routine, start scheduling it into your calendar LINK

3. TIP: When you’re just starting out with self-care, it’s important to keep it simple. LINK

4. TIP: Have you considered taking a self-care trip? Enjoying a few days away can really recharge those batteries and rejuvenate the mind and body LINK

5. TIP: Don’t forget to familiarize yourself with the things you should avoid in your self-care journey LINK

**Twitter:**

1. Try and focus on the most important tasks when starting self-care LINK

2. Scheduling self-care into your routine ensures you always have time for it LINK

3. Keeping your self-care routine simple is key to sticking to it LINK

4. Taking a self-care trip can do the mind and body the world of good LINK

5. Avoid these self-care mistakes when getting started LINK