**Social Media Posts Why You Need Self-Care**

**Facebook:**

1. TIP: Self-care allows you to boost the immune system and optimize your overall health LINK

2. TIP: By regularly focusing on self-care, you’ll reduce your stress levels LINK

3. TIP: Did you know that self-care can help to boost your productivity? LINK

4. TIP: Develop healthier and happier relationships by focusing on self-care LINK

5. TIP: Improve your self-esteem by making self-care a priority LINK

**Twitter:**

1. Give your immune system a boost with self-care LINK

2. Regular self-care practice can significantly reduce stress LINK

3. Improve your productivity with self-care LINK

4. Strengthen your relationships by focusing on self-care LINK

5. Self-care has the power to greatly improve self-esteem LINK