

# Practice these 10 self-care mood boosters on a daily basis to improve your life

You can find more details on how to practice all these tips on our website



10.



Eat healthily

1.



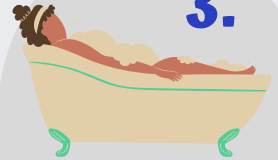
Journal every day

2.



Get outside at least once a day

3.



Take time to pamper yourself

9.



Practice gratitude daily

# 10

## SELF-CARE mood boosters

8.



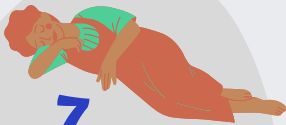
Set goals

4.



Exercise

7.



Sleep better

6.



Use positive affirmations

5.



Declutter your home

# do it for you!