The Self-care
CYCLE

1 Understand what self-care is

2 Assess what your self-care already is

3 Find where you could improve and create a plan

4 Hold yourself accountable to these goals

5 Decide a follow up date and stick to it
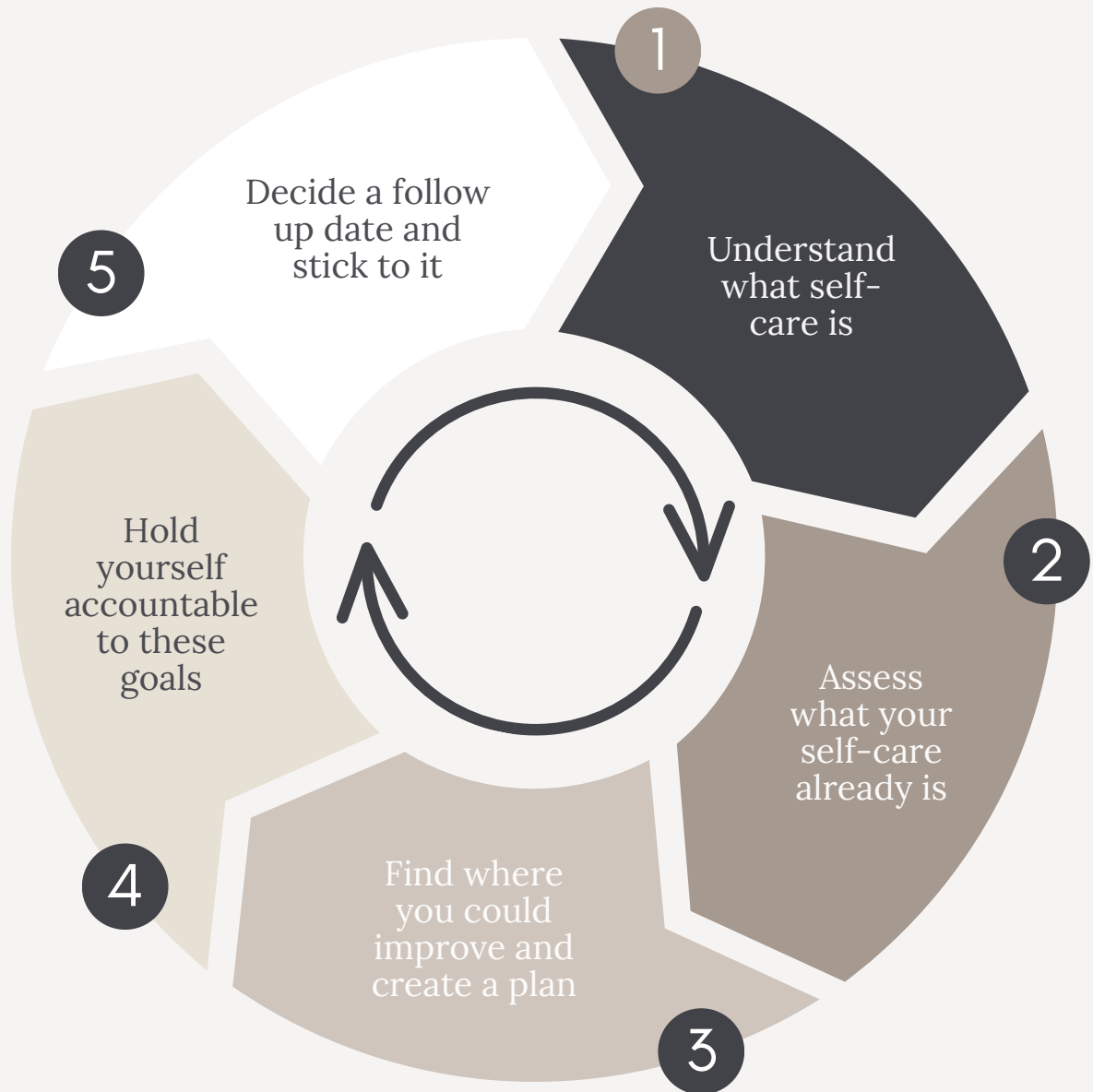
Adding self-care into your daily routine reduces stress, decreases the chance of mental and physical ailment, increases productivity, and inspires feelings of happiness. Complete the above **five steps** to help you on your way with self-care