



Take Care of Yourself Friday, 2/12

Whether you're in a relationship or not, it's so important to take care of and love yourself. We must love and respect ourselves in ways that allows us to show up as our best selves.

Organize a challenge on social media with your friends today, where you talk about self-care. You can share ideas on what self-care looks like for you, or what your favorite self-care activity is. Make it fun, come up with creative ideas, and support each other however that looks.

We know that to be in a healthy relationship, we each need time for ourselves and our own interests. Even doing something that seems simple – taking a nap or a bath, watching your favorite show, playing with a pet, practicing deep breathing, dancing – all count as self-care.

There's no wrong way to practice self-care. Whatever feels relaxing to you is a great way to take care of yourself!