

SELF CARE NEWSLETTER



RE-FOCUS ON SELF CARE AMID COVID

Check out this article to give you some inspiration to begin or resume healthy habits in your life. We all need a bit of tune-up after turning to comfort and distraction during this unprecedented time.

<https://www.becomingminimalist.com/healthy-habits-during-pandemic/>

NEED HELP SLEEPING

If you find yourself struggling to get to sleep at night, try these 10 intentionally boring Podcasts to help you fall asleep.

<https://www.realsimple.com/health/preventative-health/sleep/soothing-podcasts-for-sleep>