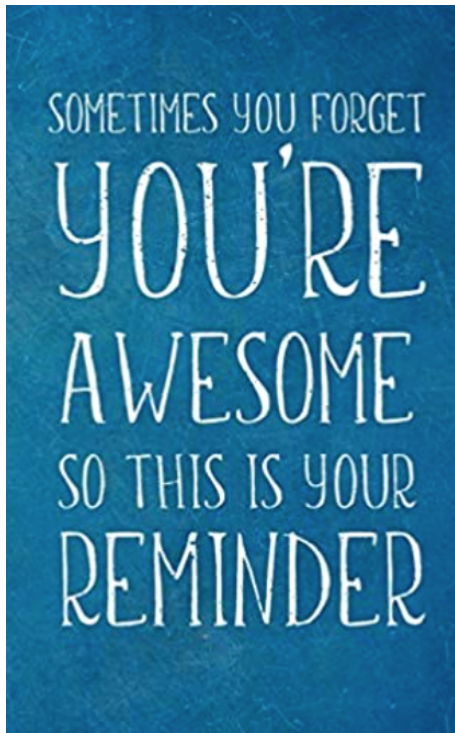


Be kind to yourself IF NOT YOU THEN WHO?



If you are not in the habit of appreciating yourself for a moment a day then today is an Important advent habit for you. Often selfcare or kindness runs the same rollercoaster as our emotions. On good days we appreciate ourselves and on difficult days we add to the burden by running ourselves into the ground. Here is an alternative. Either before rolling out of bed, before leaving the house or before starting your daily routines - pause - smile - and reassure yourself of your awesomeness. EVERY DAY . Take that moment to realise that 'you've got this'

