

20 FREE WAYS TO LOOK AFTER YOURSELF



How to practice regular self-care without spending a cent.

Many people hear the word self-care and think of massages, manicures, and other forms of paid pampering.

These activities are great, but the cost can quickly add up – especially if you want to practice self-care every day or week.

Here are some completely free (and easy!) self-care ideas so you can enjoy self-care as often as possible.

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1. Light a candle



2. Read a book or a magazine



3. Walk in nature

4. Meditate

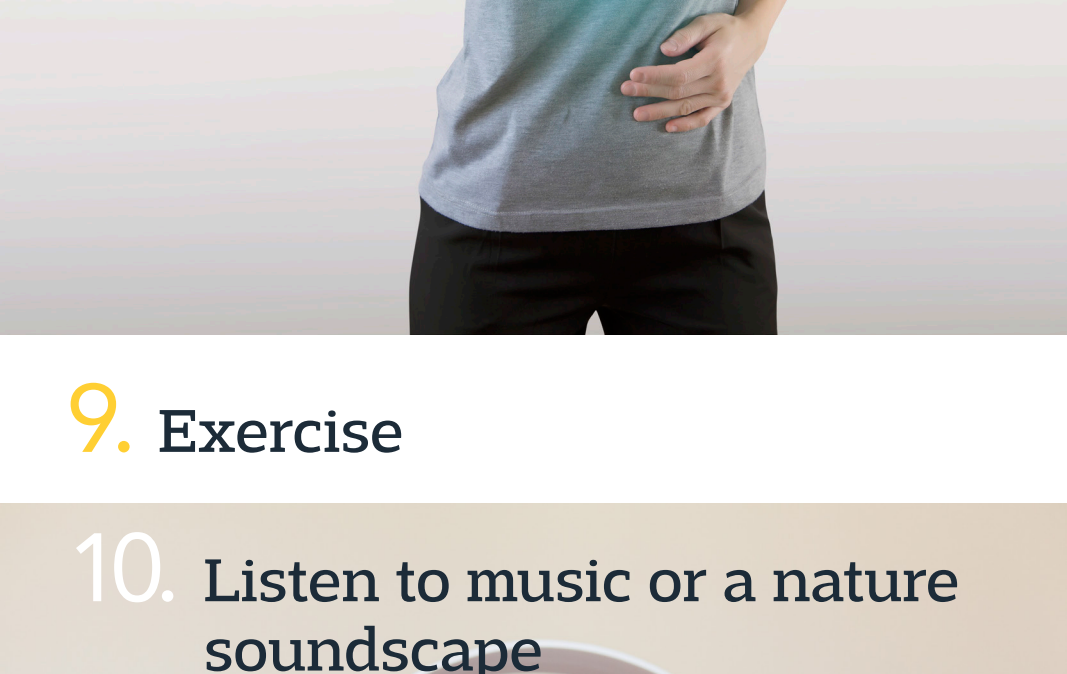
5. Watch the clouds

6. Unplug from social media



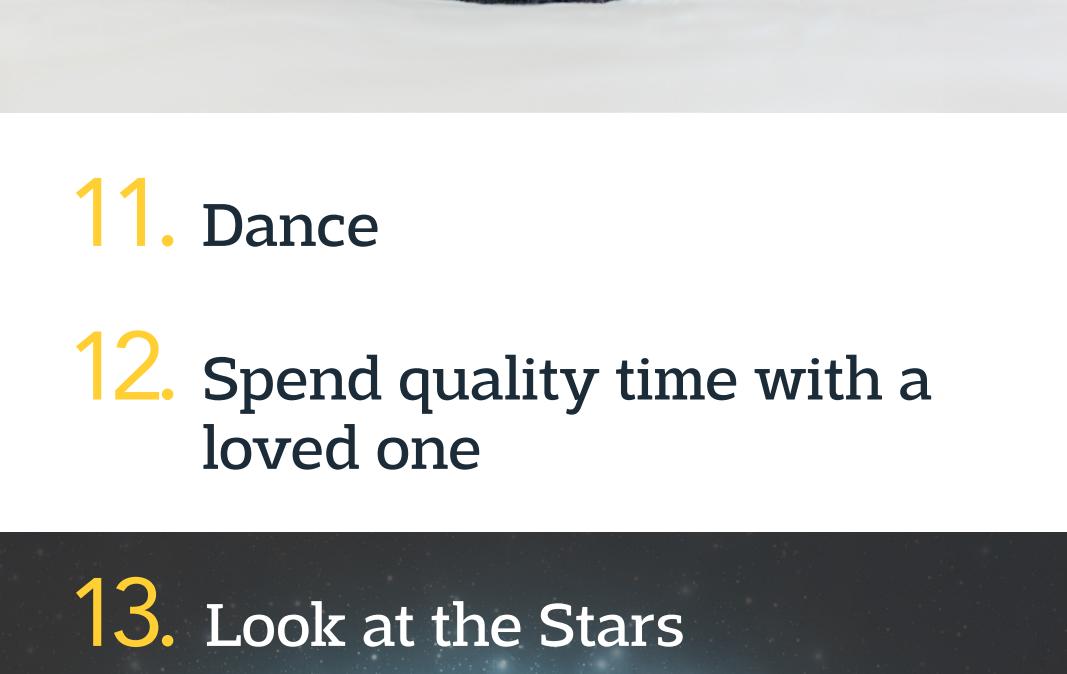
7. Do yoga

8. Breathe



9. Exercise

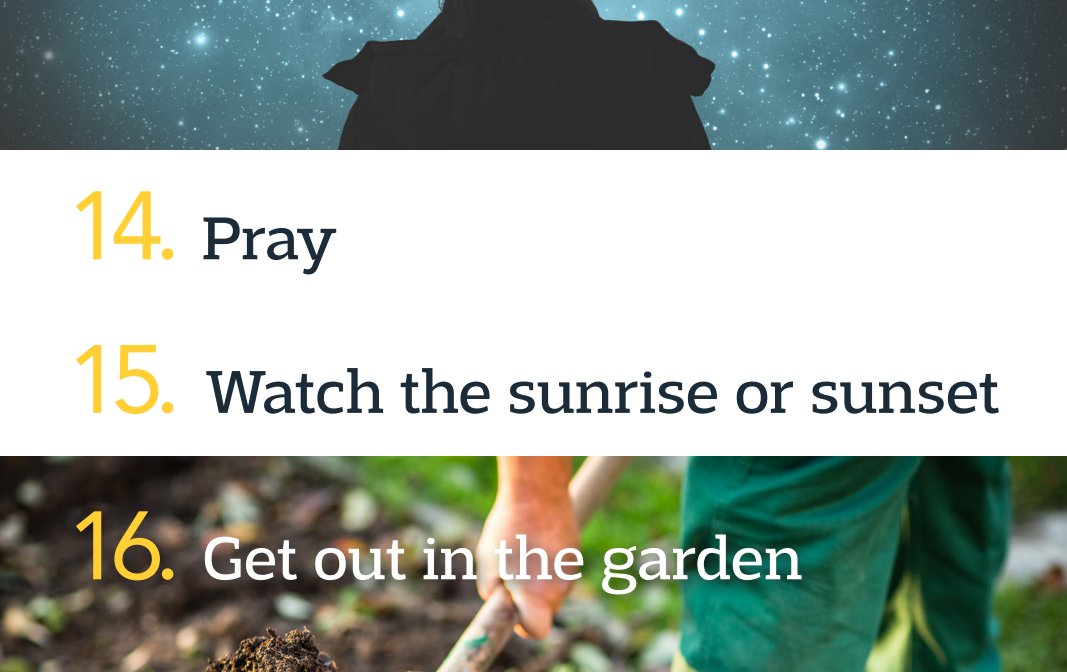
10. Listen to music or a nature soundscape



11. Dance

12. Spend quality time with a loved one

13. Look at the Stars



14. Pray

15. Watch the sunrise or sunset

16. Get out in the garden



17. Go to bed early

18. Call a friend that makes you laugh

19. Stretch

20. Take a bath

Article thanks to Mentemia.com

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