

CHOOSING SELF-CARE

TO BE A WORKER OR NOT

SELF CARE IS ALL ABOUT SELF BALANCE

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DAILY HUSTLE OR NOT

- Avoid constant rushing
- Prioritize self-care
- Balance work and rest

TO BE A WORKER BEE

- Don't forget to pause
- Prevent burnout with breaks

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THE SELF-CARE ADVOCATE

- Prioritize enjoyable work
- Embrace well-being breaks

ITS ABOUT THE BALANCE

- Balance success with well-being
- Self-care is a pitstop, not slacking

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PRIORITISE SELF-CARE RITUALS

- Find rejuvenation in daily routines

BREAKS ARE GOOD

- Embrace short work breaks
- Boost productivity and mood

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LISTEN TO YOUR BODY

- Listen to your body's signals
- Seek medical support when needed