

# Self care is Health care

## Simple habits to help your mood

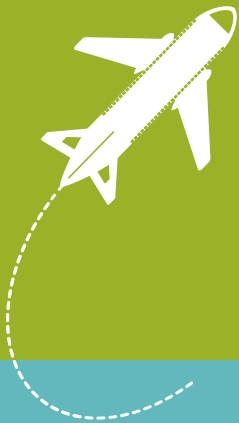
### Buy yourself flowers

You don't need a special occasion—or someone else—to treat yourself to flowers. Treat yourself to your favorite blooms and brighten up your home or office, and your mood! Go ahead, treat yourself!



### Plan your next vacation

Did you know that just planning a vacation can boost your mood? A Cornell study shows that the anticipation of a trip leads to longer-lasting happiness. Planning a trip can do as much to boost your mood as the trip itself. Crazy, right? So go ahead, start planning that next dream vacation, no matter when it might happen.



### Make your favorite meal

What meal brings you comfort and lifts your spirits? Take time to make that dish. Cooking is a natural mood booster. By choosing a dish that brings you joy is a perfect recipe for boosting your mood!



### Write down a positive affirmation

Encouraging speech and positive self-talk can foster good feelings and boost your mood. Research shows that writing down affirmations has proved to boost self-esteem and help a person's sense of well-being flourish.

