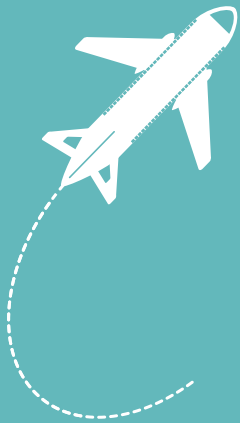


Selfcare is Healthcare

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.

