



Self **CARE** GUIDE



Self CARE

Self-care isn't selfish. It gives you the energy you need to be the best version of you. Looking after your own needs doesn't have to be time-consuming or expensive.

Here are some ideas to get you started:

- Connect with others
- Stimulate your senses
- Do something you love
- Meditate or pray
- Master a skill
- Express your emotions
- Get active
- Catch up on sleep

If you need further support, please get in touch with us.
We're here for you.

info@drsarahrasmi.com
+971 56 895 2347
www.drsarahrasmi.com

   [@DrSarahRasmi](https://www.instagram.com/DrSarahRasmi)

 Thrive
Wellbeing
Centre
by Dr. Sarah Rasmi