

AFFORDABLE SELF-CARE

Self-care is incredibly important, and yet most people don't do nearly enough of it. A lack of self-care can cause stress to build up, which can negatively affect your financial progress. It's time to think outside the box **(and make the time)** and consider these free (or almost free) self-care activities!

EXERCISE - This can be a great way to treat yourself when you find something that you enjoy doing. You don't have to go for a run or lift weights to get exercise. How about taking the dogs for a walk, going for a hike with friends to a park you've not been to, going dancing with your partner, swimming at the local YMCA? Anything that you enjoy that gets you up and moving can have an enormous positive impact on your mood, leading you to feel more motivated.

CALL A FRIEND - I am certain that most of us have a friend or family member who we haven't talked to in a long time. Set aside time to devote to that phone call. Not only will you rebuild a relationship, but talking to a friend is a sure way to relieve stress and boost your mood.

BAKE/COOK - First, shop your cupboards to see what you already have. Chances are you have enough, or almost enough ingredients to cook or bake something. Do this alone or involve your family, whichever would be more enjoyable for you.

READ/LISTEN TO A BOOK - If you love to read, then it's vital that you set aside time each day (or at least a few days a week) to do this. Grab a physical, electronic or audio book from the library and give yourself permission to sit back and get lost in the story.

PAMPER YOURSELF - It's easy to think that this means spending a lot of money, but it doesn't have to! Paint your nails, put on a face mask, use that foot bath massager that's been in your closet going unused for months (years?) and RELAX!

FAMILY/FRIENDS GAME NIGHT - Dust off those old board games, invite anyone you want, and simply enjoy the evening with your favorite drink. Maybe ask your friends or family to make a snack to share.



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