

Self-Care Without Spending



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

EXERCISE - You may initially think this doesn't sound like fun, but it is if you find something you enjoy doing! What about a walk with the dogs or with friends to a park you've never been to? What about a dance party with your significant other? What about a swim at the YMCA, or a friend's pool?

CALL A FRIEND - Do you have a friend you've been meaning to call, but haven't set aside time to do it? Well, now is the time! Give yourself a few minutes to sit down and catch up. This is not only free, but good for you on so many levels!

BAKE OR COOK - Shop your cupboards and you might be surprised to find you have all (or most) of the ingredients you need to bake or cook something delicious! Include your family if that would make it more rewarding.

READ A BOOK/WORK ON A HOBBY - All too often people don't set aside enough time to do the things they love. If you enjoy reading (pick up an old book or grab a physical, electronic, or audio book from the library) or doing a hobby, give yourself permission to spend at least one hour doing what you enjoy. Set aside time every week, or every day!

PAMPER YOURSELF - Have you been meaning to paint your toenails? Do you have some facial masks lying around that you rarely use. Grab that nail polish and a mask and get to relaxing!

WATCH TV - Do you have a show or a movie you have been meaning to get to, but never feel like you have the time? Well, make the time! Schedule it on your calendar, literally.

FAMILY GAME NIGHT - Schedule an evening with the whole family, or with friends, to dust off those old board games and have fun! You can add in cooking a meal together beforehand if you want.



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