

## Take time for YOU



84%

of the UK population feel there should be a greater focus on self-care\*

**Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimise frustration and anger, increase happiness, improve energy, and so much more!¹**

Self-care can look different for everyone. Essentially, it is taking some time to focus on yourself and do something you enjoy. Some popular self-care practices are:

- Meditation
- Going for a walk/exercising
- Pampering yourself with a great skincare routine
- Getting enough sleep
- Eating wholesome food
- Having a relaxing bath



\*Survey conducted with a nationally representative audience of 1,000 people  
¹April 2020 *What is Self-Care?* by Southern New Hampshire University, January 2022 <snhu.edu/about-us/newsroom/health/what-is-self-care>