DEBUNKING SELF-CARE MYTHS

Separating fact from fiction
SELF-CARE IS SURROUNDED WITH AMBIGUITIES.

Learn what self-care is and is not.
IT'S ALL OR NOTHING.

It's about relishing life's small pleasures.
SELF-CARE IS A LUXURY.

It can be as simple as meditating.
IT'S ABOUT BEING SELFISH.

Prioritizing yourself is self-love.
Self-care should be focused on healthy activities.
YOU HAVE TO
ACHIEVE YOUR
GOALS AND
EARN IT.

Denying yourself of self-care leads to burnout.
IT TAKES UP LOTS OF TIME.

You only need at least 10 minutes a day.
IT SHOULD FEEL LIKE AN OBLIGATION.

Feel free to switch up your self-care methods.