



DEBUNKING SELF-CARE MYTHS

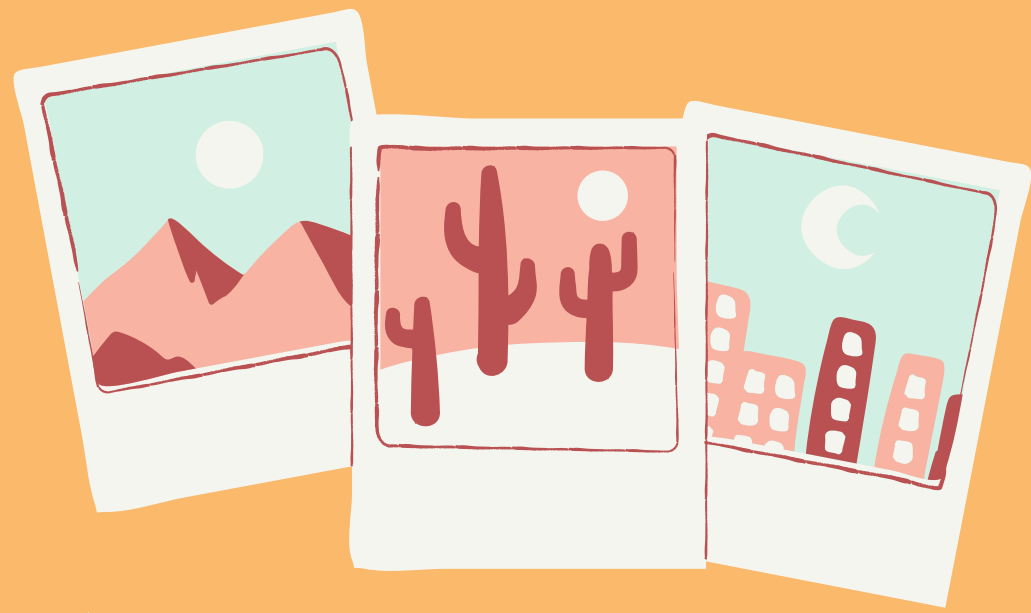
Separating fact from fiction



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.



yes

**IT'S ABOUT
BEING SELFISH.**

Prioritizing yourself is self-love.

BOOZE AND BINGE- WATCHING SHOWS

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.

