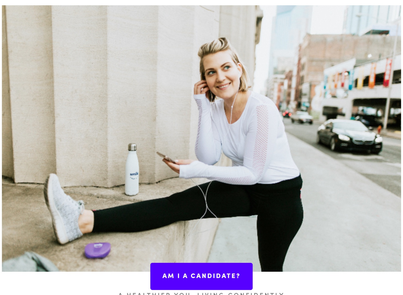
PREVIOUS ARTICLE
NEXT ARTICLE



AM I A CANDIDATE?

A HEALTHIER YOU, LIVING CONFIDENTLY

10 easy ways to practice self-care

JUN. 7, 2018

Don't forget to carve out a little time every day to take care of yourself. These self-care ideas are a good place to start.

The practice of self-care is nothing new, but now it's more popular than ever. We're so here for it.

One recent study found that 72% of millennial women made self-care their New Year's resolution this year. Research also shows that 1 in 4 people will experience some sort of mental health issue at some point in their lives, which is just one of the reasons why self-care is so important.

Here are 10 easy ways you can practice self-care, whether you've got a whole afternoon or just 30 seconds to spare.

1. Try a new workout class

Sign up for your favorite yoga class, or treat yourself to a free week at a new studio in town. Always wanted to try boxing? Give it a shot. Want to sweat it out at spin? Let's go. Check out these 6 fitness classes that are sure to make you smile.

2. Go for a walk

Get outside and get some fresh air. Studies have found that spending time outside can help fight depression and lower both stress and blood pressure, among basically a million other benefits. Even if you don't have the time to go for a long walk, you can still reap the benefits from a few short walks throughout the day. Ever heard of forest bathing? It's a thing. Give it a try.

3. Compliment yourself

Stop the negative self-talk. Try implementing a new rule where you don't say anything about yourself that you wouldn't say to your best friend. And while you're at it, dole out a few compliments to yourself first thing in the morning when you look in the bathroom mirror. You deserve it.

4. Unplug

Sometimes it can be the news or social media getting you down or causing extra stress. Turn off your phone. Close the computer. Leave all electronics at home and go see a movie by yourself. Or head out to explore your own city. If there's a hiking path or new restaurant you've been wanting to try, have at it! Unplug, unwind, and relax a little.

5. Floss

Okay, hear us out. Stop thinking of flossing as annoying and start thinking of it as a tiny act of self-care, something that you're doing for yourself to take care of your health and your smile. No matter how tough your day has been, take 2 minutes to floss before bed, and thank yourself for doing something that's good for you.

6. Do a face mask

Some days, even washing your face before bed can feel exhausting. Give your skin the TLC it needs and deserves with a quick face mask (guys, we're talking to you too). Choose a hydrating mask to nourish dry, tired skin, or a charcoal mask to detoxify and clear out pores for a deeper clean. Keep a few face masks on hand so you have one when you want it.

7. Take an Epsom salt bath

Treat yourself to a soak in the tub after a long day. Grab a book, light a candle, and drop in 2 cups of Epsom salt. Soak for at least 12 minutes. Epsom salt helps you relax and ease stress, soothe sore muscles and cramps, improve bodily function, and detoxify. You can even use it as an exfoliant for a mini spa treatment. We like the lavender-scented salts for an extra dose of relaxation.

8. Cook a new recipe

Nourish and fuel your body with food that's good for it. Find a healthy new recipe and meal prep by portioning it out into reusable containers so you have healthy, easy meals on hand for the week. Turn up some music, fire up Pinterest, and whip up a delicious home-cooked meal or a refreshing smoothie bowl. Your body will thank you.

9. Call a friend

Take time out of a busy day to sit down and call a friend you haven't talked to in a while. It's easy to get caught up and forget to check in with friends and family who make you feel good. Slow down, catch up, and recharge.

10. Smile

All you need to do is smile, and studies show that your mood goes up and stress levels go down. So even if you don't feel like it, smile at 3 people on your way to work – you might make them smile too. Here are 7 more reasons to smile.

If your smile causes you more stress than joy, consider doing something else for yourself and starting your journey with SmileDirectClub invisible aligners. Most people straighten their smile in an average of just 6 months. Take the free 30-second assessment to find out if our aligners are a good fit for you.

TAKE ASSESSMENT

You may also like

CONFIDENCE, WHY SMILEDIRECTCLUB — MAY. 1, 2018

7 things you need to know before you start SmileDirectClub

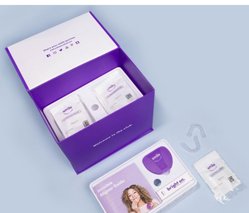
ALIGNER LIFE, CONFIDENCE, WHY SMILEDIRECTCLUB — JAN. 4, 2018

The surprise benefits of clear aligners

Join the Club

Get started now with our free and easy smile assessment.

Let's do this



© 2019 SmileDirectClub. All Rights Reserved.
Privacy & Terms