ANAH PROJECT

CULTIVATING SELF-CARE

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1

PHYSICAL SELF-CARE

Embark on your physical well-being journey today. Start with a walk or dance session and prioritise routine check-ups for a healthier you.

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2

PSYCHOLOGICAL SELF-CARE

Begin your journaling practice for self-reflection. Dive into understanding your thoughts and emotions, paving the way for better stress management.

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3

EMOTIONAL SELF-CARE

Commit to daily self-compassion. Embrace kindness towards yourself, acknowledging your worth and emotions every day.

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4

SPIRITUAL SELF-CARE

Nurture your spirituality. Engage with nature or community events to foster spiritual connections and find inner peace.

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5

RELATIONAL SELF-CARE

Nurture positive relationships.
Dedicate time to loved ones.
Reach out to strengthen those connections.

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6

PROFESSIONAL SELF-CARE

Invest in your professional well-being. Establish boundaries, seek mentorship, and strive for a fulfilling career.

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Contact us

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www.anahproject.org