



Earth Love Month

Day 19: Green your self-care

Most of us are so busy that we have a hard time fitting any self-care into our busy schedules. With so much on our plates already and so little room for us to pamper and indulge ourselves, do we even need to make a big deal of this?

Yes! Because the biggest "greening" of the environment happens when we take care of ourselves! Just think about what happens when we are run-down, exhausted and overwhelmed.

So, how do we raise our self-care bar while being mindful of the environment?

- Light a soy or beeswax candle at the end of the day. These are cleaner and longer-burning, and making this a nightly ritual will develop a relaxation cue for your brain.
- Take a bath with a handful of Epsom Salt and a few drops of essential oil like [this one](#).
- Treat yourself to this uber healthy [chocolate smoothie](#) instead of overindulging on ice cream.
- Unplug for a few hours
- Put on your jam and dance, whip out an adult coloring book and give yourself the gift of meditative art, or do anything else that nurtures your expressive side.
- Or, take a cue from this infographic on the right:

