

Listen up Super Women; it's time to lean out.
Self-care doesn't have to mean elaborate spa days, or expensive therapies,
It can be as simple as waking up 15 minutes before anyone else in the house for a moment of calm with your coffee.
Having a bath rather than a shower,
An early night,
Taking a lunch break
Or a long (ish) walk.
Being kind to yourself is saying no sometimes.
It's leaving the office before you've emptied your inbox.
It's filling your world with people who make you feel good.
And gently letting go of the ones who don't.
If you take care of yourself,
You're better placed to be there for others.
So, calling all women who don't have time; who have companies to run, kids to put to bed,
Mums to phone, friends to see, flights to catch, dinners to cook, places to be, people to please, fights to win.
This is a public service announcement
Self-care isn't selfish, it's kind.