

Self- Care Quotes

Self-Care is how you take your power back. Lalah Della

It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself. Diane Von Furstenberg

Beauty is how you feel inside, and it reflects in your eye. It is not something physical. Sophia Loren

If you feel “burnout” setting in, if you feel demoralized and exhausted, it is best for the sake of everyone, to withdraw and restore yourself. Dalai Lama

Strength does not come from physical capacity. It comes from on indomitable will. Mahatma Gandhi

When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life. Jean Shinoda Bolen

Almost everything will work again if you unplug it for a few minutes, including you. Anne Lamot