

# INTERNATIONAL WOMEN'S DAY 2021

## WELLBEING TIPS FOR WOMEN AND GIRLS

- ♥ TALK TO YOUR FRIENDS AND CELEBRATE EACH OTHER'S ACHIEVEMENTS ♥
- ♥ BE KIND TO YOURSELF ♥
- ♥ BOOST YOUR CONFIDENCE BY WRITING DOWN ALL THE THINGS YOU ARE GOOD AT. AND DON'T BE AFRAID TO TACKLE YOUR WEAKNESSES. ♥
- ♥ GET CREATIVE ♥
- ♥ GET LOTS OF SLEEP ♥
- ♥ TRY YOGA AND MEDITATION ♥
- ♥ HELP OTHERS ♥
- ♥ LAUGH ♥
- ♥ BE INCLUSIVE, NOT COMPETITIVE ♥
- ♥ REMEMBER THAT MOST PHOTOS YOU SEE ON SOCIAL MEDIA ARE FILTERED OR ALTERED ♥

