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5 MINUTES EVERY DAY FOR YOURSELF

Article from Revalsys Technologies

This article provides the
best tips of how to take care
of yourself everyday



Loving yourself is the greatest gift you can give to yourself. What you feel about yourself have a great impact in different spheres of your lives. When you feel good about yourself, you'll feel everything around you to be good. Good feelings create positive vibes and help you to do all your work with utmost dedication letting you achieve well in life.

When you start nurturing yourself, you'll be able relate others in a healthy and balanced manner. Most of the time, we you are so engaged with your daily work, that you hardly have time to do something for yourself. Setting aside 5 minutes of your life daily will let you feel the difference it creates.

Here are some simple things you can do in the 5 minutes you kept only for yourself:

- **Meditate:** 5 minutes of morning meditation will make you feel free and give a good start to your day.
- **Take deep breathe:** When you feel stressed, irritated or anxious, take deep breathe. For that stop what you're doing, sit down and close your eyes. It will help you to calm and relax yourself, and make you more focussed to restart your work.
- **Read an inspirational book:** You can give 5 minutes of your life to read some lines from an inspirational book and smile. It will make you feel something special about yourself.
- **Write something good:** Take a piece of paper and write the good things you have done for others.
- **Laugh:** You can do a laughing exercise or just call a friend with whom you can share something funny and have a good laugh.



- **Sit leisurely:** Sit leisurely for some time and don't allow any thoughts to come inside your mind. Just be with yourself.
- **Listen to music:** You can listen to music you like and do whatever you feel like at that moment.
- **Write a motivational line:** Write a motivational line and keep it in your purse. Whenever you need an inspirational boost, just take out the slip and read the line.
- **Give genuine compliment:** Make sure whenever you give any compliment to others, it is a genuine one. The smile that will come after receiving your compliment will make you smile, as well.

Doing such small things will make your mind and body relaxed, and induce good thoughts about yourself and others. So, give 5 minutes every day for yourself and do the things that make you feel happy.



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