



Fibro Strong Quotes

The Self-Care Edition

Self-Care Quotes

Self-Care isn't selfish, it's essential! If you ever find yourself feeling guilty for taking care of yourself, or need inspiration to get back into your self-care routine, read through the quotes and affirmations below:

- Don't underestimate the returns of investing in yourself
- "Self-care means giving the world the best of you instead of what is left of you." – Katie Reed
- You gotta nourish to flourish!
- I am committed to taking care of myself today, because I am worth it
- "Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." – Deborah Day
- "Self-love is not so vile a sin as self-neglect." – Billy Shakesman

Self-Care Quotes Cont.

- “Self-care isn’t always manicures, bubble baths & eating healthy food. Sometimes it’s forcing yourself to get out of bed, take a shower and participate in life again.” – Meredith Marple
- Self-care is an act of self-love
- You wouldn’t let your cellphone battery get to 0%, so don’t let it happen to you either - self-care is a priority, not a luxury
- “It takes courage to say ‘yes’ to REST and PLAY in a culture where exhaustion is seen as a status symbol.” – Brené Brown
- Don’t focus on whether or not the cup is half-empty or half-full, the point is that the cup is refillable

Self-Care Quotes Cont.

- Take time to do what makes your soul shine
- Don't forget: you are the most beautiful and expensive thing you are ever going to have. Treat yourself accordingly.
- Respect your body when it's asking you for a break. Respect your mind when it's seeking rest. Honor yourself when you need a moment.
- I am no longer available for things that don't make me feel like my best self
- I am my own first responder
- It isn't selfish to put your recovery first, but rather it's necessary to make sure everything else doesn't come last
- Remember that the reason you are doing this is to make your life better

Write 5 of Your Own Self-Care Quotes

(or Copy 5 of your Favorite Quotes) in the space below:

1. _____

2. _____

3. _____

4. _____

5. _____