A person wearing a bright pink long-sleeved shirt is lying in bed, their arms raised and hands clasped together above their head. They are looking upwards. In the foreground, a white tray holds a glass of iced coffee. The background shows a window with light-colored curtains and a view of trees with autumn foliage.

You've probably told yourself more than once that you should take better care of yourself.

But what small changes could actually help you start?

You deserve to ***treat yourself with kindness*** too.

February is often **associated with love**, hearts, flowers and messages about caring for those around us. Yet self-care and self-respect are topics **we rarely pause to reflect on**.

(And in reality, they're often what we need most).

Taking care of yourself doesn't require big gestures. More often, it's about the small, everyday habits: **how you speak to yourself, how well you listen to your needs, and whether you allow yourself to slow down when necessary.**

This isn't about romantic love (which sometimes isn't so bad either). It's about awareness. About **taking a moment to check in with yourself**, understand how you're feeling, and identify simple, practical ways to support your wellbeing.

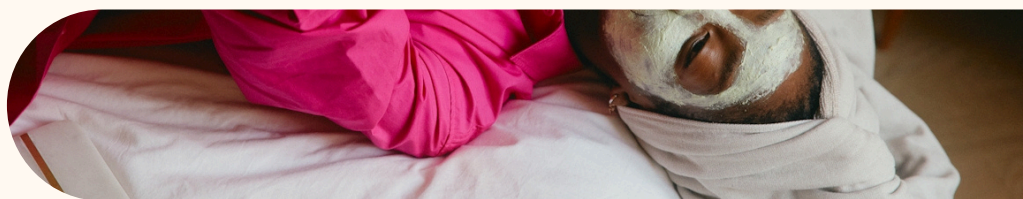
A short reflection exercise

Now it's time to turn intention into action.

Try this simple exercise:

- Write down **5 things that make you feel good**.
- **Choose one** and plan to do it once a week.
- **Set a reminder** to help you stay consistent.

These actions may seem small, but they matter. Each time you do something that supports your wellbeing, your brain registers it as a positive reference point. **Over time, it becomes easier to recognise what makes you feel better and to make space for it more naturally.**



Continue your development...

Take this self-esteem check-in to better understand how you're feeling and to identify practical ways to support your wellbeing.

[Access the assessment](#)

Missed one of our previous pills? You can find them all [here](#).