***Keep your Health and Mental Health in Check while at Home***



**@Calm** Take a deep breath, Train your mind to sleep more, stress less and live better. #mentalfitness

**@thelatestkate** When you are struggling to speak to yourself kindly, The latest Kate has a cute animal to do it for you. The adorable characters in her original artwork cover themes like body positivity, self-love and self-care, and battling depression and anxiety**.**

***Face Book***

**Self-Care.Tips** Health & Wellness website:[**https://www.self-care.tips/**](https://www.self-care.tips/)