

Self-Care Menu

Take what you need today — there's always something on the menu for you.

Appetizers

Small, quick acts of self-care that take 20 minutes or less.

Mains

Deeper self-care practices that nourish you more fully.

Sides

Subtle ways to care for yourself while you work.

Desserts

Indulgent treats that feel good in moderation, but can leave you drained if overdone.
