

Your Guide to a Self-Care Day

A stress-relieving regimen you can do right at home

Here's your step-by-step guide.

We know life has felt overwhelming lately. This is your reminder to focus on what you can control -- and a big part of that is making sure you take good care of you. Here are a few ways to schedule some self-care, all for free and all in your own home.



YOU DESERVE TO FEEL CONFIDENT



START WITH THE BASICS.

When you wake: start your day with some deep breaths. [Click here](#) to follow along with this quick morning practice that combines everything for which your body has been asking: yoga, meditation, stretching and movement.

TRY SOME NO-EQUIPMENT FITNESS.

With this quick [15-minute workout](#), there's no equipment to drag out and nothing to put away. Your arms and abs will thank you!



MAKE A MEAL THAT WILL FEED YOUR BODY AND SOUL

Make one of our most-loved meals, full of flavor and nourishing to your body and soul! [Click here](#) for the cooking demo; recipes below:

- [Chipotle Lime Chicken](#)
- [Black Bean Puree](#)
- [Poblano Cream](#)
- [Guacamole](#)
- [Tomatillo and Tomato Pico](#)



TUCK YOURSELF IN WITH SWEET DREAMS YOGA

Follow along for this fully supported and guided [Yoga Nidra class](#). This practice deeply nourishes your day and serves as a transition from the stress of your day to a restful sleep.



SKYTERRA YOUNG ADULT

At Skyterra Young Adult we know that you want to be healthy and independent. In order to do that, you need to feel better. The problem is that attempts to succeed have failed you, which leaves you feeling stuck.

We believe everyone deserves to feel better. We understand that life can be challenging, which is why we have an expert team of Licensed Clinicians, Registered Dietitians, Certified Fitness Instructors and Executive Chefs that specialize in young adult wellness.

[DISCOVER MORE AT SKYTERRAYA.COM](https://www.skyterrayera.com)