

Self-Care

Self-care is something that is often ignored, yet very necessary. Self-care helps to sharpen our mental and physical health through better self-esteem, stress management, and overall well-being.

Being creative is a fantastic way to practice self-care, as it allows the mind to slow down and is a great form of expression.

Why not have a go at working with inks to create some bold, colourful designs in your creative journal? You don't need to be an artist to achieve some fantastic results. Mixing the colours and watching the inks blend together is relaxing and can produce some stunning effects. Enjoy 😊

