



# YOUR **SELF-CARE** KIT

Wellness tools to help you  
take care of yourself — and others!



Save the Children.

Valentine's Day is an opportunity to remind someone you care — a whole holiday dedicated to putting LOVE into action.

That's an idea we embrace at Save the Children. Thanks to our incredible supporters, we've provided care to kids for more than 100 years. Alongside our sister organization, Save the Children Action Network, we create lasting change in the United States and across the globe.

We've filled this self-care kit with tools curated from the countries we work in — because loving others starts with loving yourself. From wellness tips and stress busters to recipes and exercises, you'll find new ways to reset and refresh.

When you're ready, one way to put your love into action is writing to lawmakers. Together, we can tell them to invest in children's futures!

We can't thank you enough for inspiring change in the world around you — and we hope you'll take time for some much-deserved self-care.

With gratitude,



Janti Soeripto  
President & CEO  
Save the Children





# Worldwide Wellness

## Self-care tips from across the globe

We've been told by practitioners that self-care is a vital part of our health — so let's do a little checkup! How are YOU caring for your mind and body during the winter months?

We've collected some of our favorite wellness tips from around the world. Come along for the journey!

## DENMARK

**HYGGE** is a little word with a big job: embracing cozy vibes throughout a long, cold winter.

Denmark ranks as one of the happiest countries in the world, in part because Danish folks have leaned into keeping comfort and warmth alive all year long.

We can all tap into their secret!

Incorporate the hygge lifestyle by appreciating the simple things: a steaming cup of tea, a comfy chair by the fire or time set aside for reading under your favorite blanket.

This month, let the hygge vibes thrive by connecting with your surroundings and taking pleasure in the simplest parts of your day.

Hygge may be easier to practice than it is to pronounce. Try saying "HOO-ga."





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Self-care tips from across the globe



## INDIA

**MEDITATION** isn't just a self-care trend. The beautiful practice of sitting quietly and being with yourself dates back over 2,500 years.

Today, meditation is widely recognized as a method of self-care. It's a simple relaxation tool anyone can use to alleviate stress, improve sleep or increase imagination and creativity.

Not sure where to start?

Try a meditation app — [here are just a few!](#)

Join millions of worldwide subscribers who are taking time to show themselves some love by committing to a regular meditation practice.

## EGYPT

A **PEDICURE** may feel like an indulgent treat, but it's also the ideal way to care for the feet that carry you everywhere you go.

Did you know that pedicures date back to ancient Egypt?

Egyptian pharaohs paid special attention to the care of their feet and legs, receiving pedicures with skin scrapers not so different from the tools we use centuries later.

A pedicure is a great way to rejuvenate sore, tired feet — and you don't even need to head to the spa!

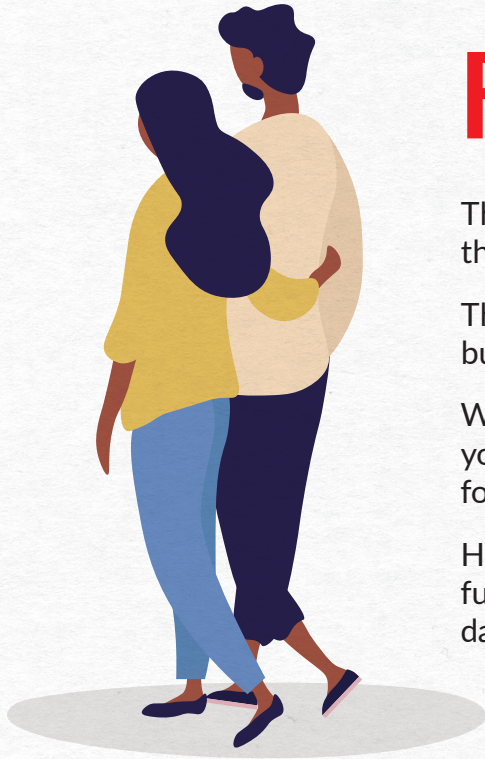
Try a relaxing foot soak in Epsom salts and a few drops of tea tree oil. Then slowly massage shea butter cream from your toes up to your calves. You'll relieve stress and refresh your feet at the same time. Your dry winter heels will thank you!





# Worldwide Wellness

Self-care tips from across the globe



## FRANCE

The French take the idea of **DIGITAL DETOX** so seriously that there's actually a law saying it's time to unplug.

The “right to disconnect” law aims to reduce employee burnout — meaning no work emails outside working hours.

While the French standard may not be practical for your situation, you can channel their balance this month by turning off your phone for a set time each day.

Head out on a walk (*sans* phone), start a project that requires your full concentration or savor your morning coffee *before* you dive into the daily news.

The “always-on” mindset intensified when the world shifted to remote working.  
**But there's good news: more countries are taking notice.**

Spain, Belgium and Italy have followed France's lead by establishing “right to disconnect” legislation. And beyond Europe, countries where Save the Children operates have introduced “right to disconnect” legislation: Philippines, Argentina and India have implemented similar legislation.



# Global Eats

## Nourishing meals from around the world

Here we are in February, the month of love ... and mid-winter.

In many parts of our country, local fresh fruits and vegetables are months away. We know our eating choices affect our health, but at this time of year, it's all too easy to fall into a food rut. Sound familiar?

Time to draw inspiration from places known for their comforting cuisine. Browse these links to find your next delicious, soul-soothing meal.

[From Italy to India, here are 100 healthy recipes from around the world to add into your rotation.](#)

[Here's a whole virtual cookbook of international cuisine, including vegan and gluten-free options and how-to videos.](#)

Bon appétit!



# Movement: Your Body's Language

It might feel like we're on the move all the time, but running to get everything done is not the type of movement our bodies crave.

Show your limbs some love by practicing the gentle Chinese tradition of **tai chi**. It's low impact, requires no equipment and can be done alone or in a class.

Tai chi brings the mind and body together and is known as "meditation in motion." What a beautiful way to combine two vital self-care habits!

[Here's a quick guide to get you started.](#)



# Stress Busters

Spread love, not stress: simple ways to find peace this month

## READ

Pick up a book to learn something new or to lose yourself in fiction. Either way, you're winning when you read.

Want to sit down with a child and read about a cause? Save the Children has curated two special collections: [books about gender equality](#) and [books that celebrate Black history](#).



## NAP

In Japan, firms encourage their employees to take power naps at work. No, they're not promoting slackers: studies show 20-minute naps boost productivity and improve performance.

Make the most out of your siesta by using a silk sleep mask or a sound machine. Recharge to take on the rest of your day!



## BREATHE

Stressful days are the perfect time to practice mindful breathing.

Try this method, often called "box breathing":

- Breathe in for four seconds
- Hold for four seconds
- Breathe out for four seconds
- Hold for four seconds



## GET SOME AIR

What do you get when you combine a change of scenery with the benefits of exercise? A rejuvenated mind and body.

Whether it's a lunch-hour stroll to stretch your legs or a long walk in the park after work, walking is a simple way to show yourself some love every day.





# Have a Heart

You've rested, refreshed and re-energized — and now, you're ready to make a difference.

The Have a Heart campaign — championed by our sister organization, Save the Children Action Network — harnesses voices like yours as a force for change.

Together, we can advocate for a future where every family has access to affordable, accessible child care.

## GET CREATIVE FOR KIDS

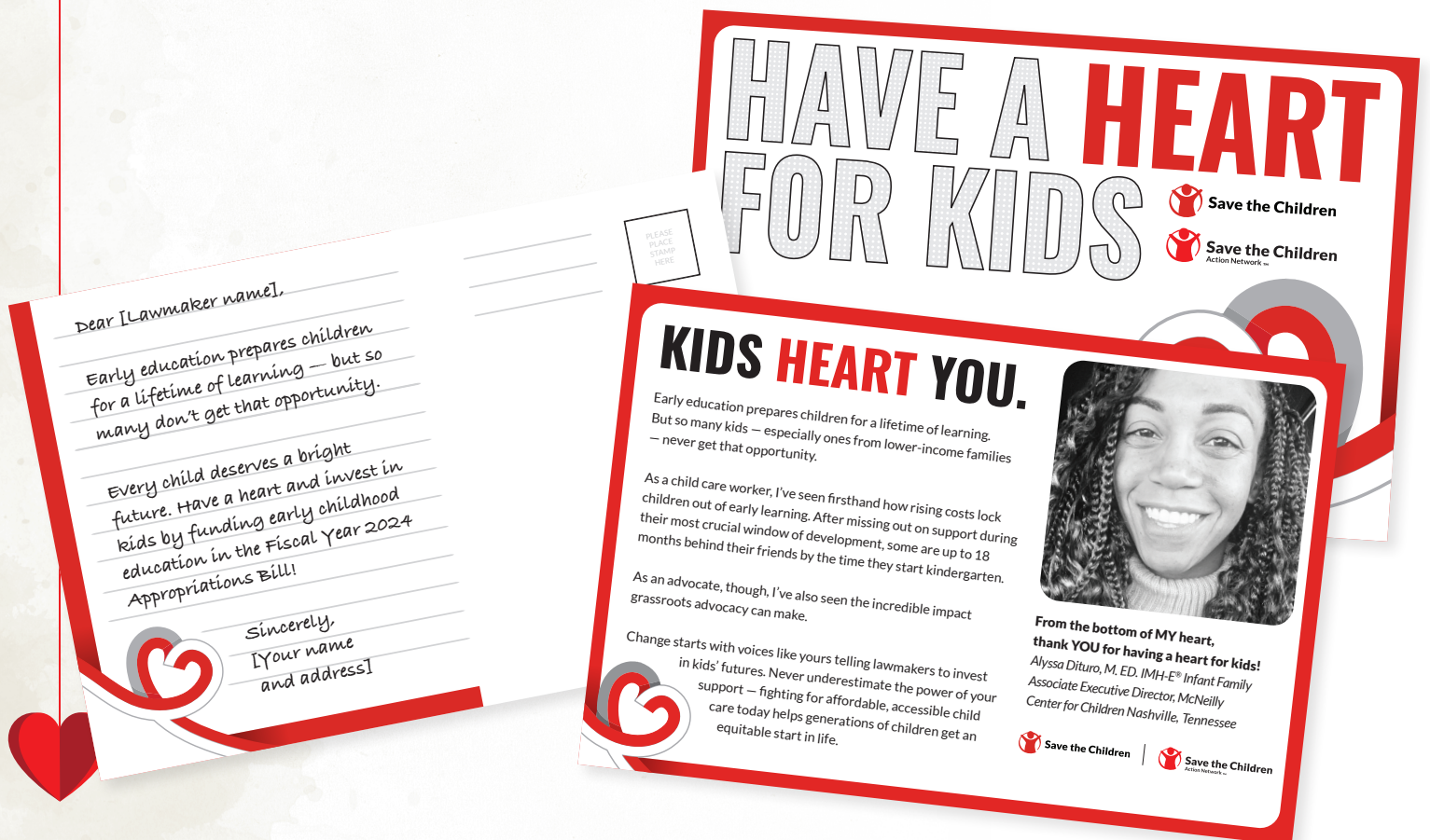
Lawmakers are discussing their priorities for the new year. It's up to us to remind them to invest in children's futures!

Print out the postcard templates on the following page, then write a message to your elected leaders, asking them to [fund early childhood education programs so more kids grow up nourished and learning!](#)

## SEND YOUR VALENTINES

To mail your postcards, visit [govtrack.us/congress/members](http://govtrack.us/congress/members) to see who your lawmakers are and find their office addresses.

Then, stamp them and stick them in the mail!



# HAVE A HEART FOR KIDS

This Valentine's Day, tell lawmakers to have a heart and invest in children's futures!

CUT ON DOTTED LINE 

PRINT THIS SIDE ONLY

PLEASE  
PLACE  
STAMP  
HERE

FOLD

HAVE A HEART  
FOR KIDS

 Save the Children

 Save the Children  
Action Network™



AFTER FOLDING PASTE TWO SIDES TOGETHER.

DON'T FORGET TO PRINT ON THICK CARDSTOCK PAPER  
SO YOUR POSTCARDS SURVIVE THE MAIL!



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Tenga **Corazón** Para Los Niños.



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**Save the Children.**



The positivity you spread changes lives and inspires hope – which is exactly what Save the Children does for kids around the world.

Thank you for putting your love into action on Valentine’s Day and every day!



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