

A young tree with a red heart on its trunk stands in a lush forest. The tree has several large, green, heart-shaped leaves. The forest floor is covered in dense green ferns, and the background is filled with tall, thin tree trunks and more foliage. In the top left corner, there is a dark blue circle with the text '180°' in pink. At the bottom, there is a quote in white text and a social media handle '@180selfcare' in white text.

180°

“True self-care is not salt baths and chocolate cake; it is making the choice to build a life you don’t need to regularly escape from.”

- Brianna Wiest, from *The Mountain is You*

@180selfcare

A circular logo with a dark background and the text "180°" in a light, sans-serif font.

180°

#180selfcare is on a mission to make self-care fun, inspiring, intentional and transformative for people, communities and the world.

Be part of the movement:

1. Do one thing a day with intention to look after yourself
2. Share what you did with others

No gimmicks, gurus, or expensive self-help programs required.

Join the conversation:

#180selfcare

Instagram @180selfcare

Youtube: @RadicalSelf-care

180selfcare.com

Hi

You've been on my mind. I'm writing to remind you that you are worth the time & effort it takes to thrive.

STAMP
GOES
HERE

TO :

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FROM :

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Photo © 2025 180Selfcare. Mount Ngungun, Glass House Mountains