

# INSIGHT

WTC COMMUNITY WEEKLY



Something to do:  
**SELF CARE**

## 'Cos You Deserve It

*"If you feel 'burn-out' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself." - Dalai Lama*

And nothing is truer than that.

From day-to-day, stopping to take a minute for ourselves is probably on the tippy end of our to-do list. We overwork and find ourselves putting off moments of self care for later in the week, later in the month, and then finally realizing we have yet to enjoy a new book or even socialize in quite some time.

More often than not, it takes a wake-up call to notice the toll this kind of lifestyle takes on our lives.

Self-care is crucial for our physical, emotional and mental well-being.

It promotes a healthy relationship with ourselves as it produces positive feelings and boosts our confidence and self-esteem; it maintains work-life balance; it manages our stress

So do what makes *you* happy. Meditate, hibernate, shop, eat, dance, do charity work, whatever you want.

You can also practice self care at work here at the WTC complex.

We have various retail options for you to try out so don't forget to check out [@wtc.jakarta](#) on Instagram for the offers and promo.



Jakarta Land's Makeup Donation at the WTC complex on August 12 to 31 managed to collect 375 beauty items.

Thank you for your support and donation!

**Yours trully,**  
the community editor