

Empath Self-Care for Your Moon Sign:

Fire Signs: (Aries, Leo, Sagittarius): High-intensity action like jogging or boxing can help release absorbed somatic energetic “bad vibes”, followed by slowing down with favorite music

Earth Signs: (Taurus, Virgo, Capricorn): Gentle yoga or massage to release the impulse of needing to fix everything, followed by relaxing in a natural & a peaceful environment

Air Signs: (Gemini, Libra, Aquarius): Pour out thoughts and emotions onto paper or a journaling app without editing, followed by listening to ambient music and slow, relaxed breaths

Water Signs: (Cancer, Pisces, Scorpio): Warm bath or shower, or an ambience of natural water such as waterfalls or flowing rivers to release absorbed emotions, followed by uninterrupted solitude without expectations