

✨ Your Moon Sign Self-Care Guide

Find peace, clarity, and emotional balance
through your astrology.

Because when you understand your Moon, you
understand your heart.



Your Moon sign reveals your emotional rhythm — how you recharge, what comforts you, and what throws you off balance.

This guide helps you nurture that emotional energy so you can feel more grounded and at ease every day.

If you're not sure of your Moon sign, you can look it up for free at astro.com or astro-charts.com.

Self-Care by Moon Sign

♈ Aries Moon

- You thrive on action and independence.
- Move your body every day — workouts, walks, or dancing reset your energy.
- Let yourself start new things without guilt; momentum feeds your emotional health.

♉ Taurus Moon

- Comfort, beauty, and stability soothe you.
- Surround yourself with soft textures, warm food, and familiar routines.
- Slow down and let pleasure be productive — that's where you refuel.

♊ Gemini Moon

- Connection and conversation are your lifelines.
- Journal your thoughts, text a friend, or listen to podcasts that spark ideas.
- Variety keeps you emotionally light — give yourself permission to pivot.

Self-Care by Moon Sign

Cancer Moon

- You're most peaceful when you feel safe and cared for.
- Cook, nest, or call someone who feels like home.
- Protect your alone time — retreating is how you restore.

Leo Moon

- Your heart wants to shine.
- Express yourself through creativity — photos, style, or storytelling.
- Celebrate your wins, even small ones; your confidence is your calm.

Virgo Moon

- Order and purpose steady your emotions.
- Tidy a drawer, plan a meal, or check a task off — it's emotional self-care.
- Practice gentleness toward your inner critic; perfection isn't peace.

Self-Care by Moon Sign

♎ Libra Moon

- Harmony and beauty balance you.
- Light a candle, style your space, or meet a friend halfway.
- When things feel off, restore balance through kindness and art.

♏ Scorpio Moon

- You feel deeply — transformation is your therapy.
- Write about your feelings or move energy through music and movement.
- Trust safe people with your truth; vulnerability is your superpower.

♐ Sagittarius Moon

- Freedom and optimism are your medicine.
- Get outside, plan adventures, or learn something new.
- Laughter heals — keep humor close when emotions run heavy.

Self-Care by Moon Sign

♑ Capricorn Moon

- Structure gives you safety.
- Set realistic goals and celebrate follow-through.
- Rest is as productive as effort — give yourself permission to pause.

♒ Aquarius Moon

- You need space to think and freedom to be unique.
- Volunteer, innovate, or connect with like-minded friends.
- Don't hide your quirks; authenticity stabilizes you.

♓ Pisces Moon

- You absorb energy like water — stillness clears you.
- Music, meditation, and creative flow bring emotional relief.
- Protect your boundaries so your empathy doesn't drain you.
-

🌙 **Ready to explore your full
chart — the houses, planets, and
transits shaping your next
chapter?**

**Book a personalized astrology
reading or tune in every
Wednesday to Astrology with
Alisa.**

www.Astrologywithalisa.com

