CARING FOR YOURSELF

RESOURCES BY
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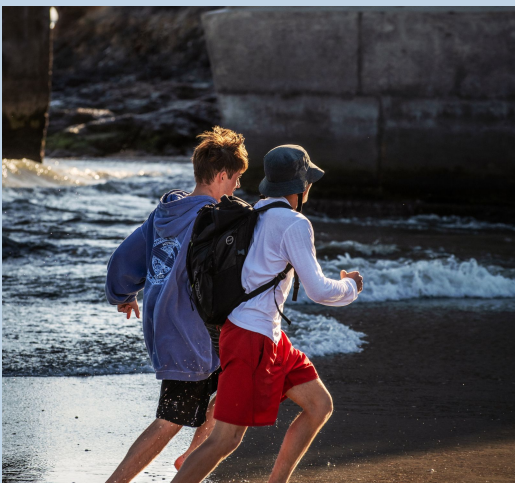
PHYSICAL SELF-CARE

Make sleep part of your self-care routine. Not getting enough sleep can cause major health issues. To promote better sleep and keep yourself healthy, make sure your bedroom is the best possible place for you to get good REM sleep. It should be free of distractions like TVs, laptops, cellphones, etc. Also make sure you have time to wind down. Keeping the area clean and calm is a big help!

Take care of yourself by eating right. The food we eat has the potential to either keep us healthy with our minds working and alert or contribute to weight gain or diseases. Even if it's only once a week, consider making a healthy meal for yourself or your whole family. Your gut health can have a significant impact on your health, well-being, and feelings of vitality.

Exercise daily as part of your self-care routine. Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety - not to mention helping you shed extra weight. Of course, it might be hard to go to the gym every day, so try to incorporate other exercises, such as walking, tennis, or yoga, which may be able to fit into your schedule more easily.

MENTAL AND EMOTIONAL SELF-CARE

Focus on your mental & emotional care.
Although there's plenty of work to be done to overcome the stigma of counseling, there's an immediate step that you can take. Being courageous enough to admit that you need to take better care of yourself can also help set an example for those around you who still aren't sure.

Automate what you can.
Look for ways you can automate more tasks to make more time for the things that matter, like taking care of yourself. There are so many new tools popping up every day to help make our lives easier in business and home. There are now robots for cleaning your floor as well as AI that helps you book more meetings by acting as your assistant.

Say "no" to others and say "yes" to your self-care.
If you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more empowered, and you'll have more time for your self-care.

Schedule your self-care time and guard that time with everything you have.
It's extremely important to plan regular self-care time. Moments alone can help you to ponder the best ways to move forward in your life and keep you grounded. And moments with friends can help you feel more connected and relaxed. You can tell the difference between work quality after working five days in a row versus right after a day off.

Pick up a hobby.
Hobbies should be leisurely activities that you enjoy. In fact, the irony is that enjoying leisure time can help you do your job better. When you're starting to feel burned out at work, take the time to do something creative. Whether it's painting, creative writing or designing something for fun, doing something creative will allow you to relax a little and it has the ability to inspire fresh ideas so that you can go back to work with a new attitude and energy.

Take a self-care trip.
Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated. The goal is to veer away from your normal schedule and take the time to do something just for yourself.

MENTAL AND EMOTIONAL SELF-CARE

Know your limits and ask for help.
If you're not sure how to find a therapist, ask friends and family members about therapists they like. Check to see if your workplace offers mental health resources, but if you feel uncomfortable with using those resources, you can also check for online resources that connect individuals with therapists specializing in their concern.

Take care of yourself by getting organized.
Getting organized allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.

Read books.
Read a book on self-care as a form of self-care. Consider bringing a book with you when you leave the house. Even better, bring books on self-care, so that you can learn more about how to take care of yourself while you are taking care of yourself. Not only can it help improve your mood, but it can also help you to stay more present and mindful.

Use positive language and self-talk.
One of the most important lessons to learn is how to speak to yourself and others in the positive. The key words to pay attention to are "I am." Pay close attention to what follows. Is it "stupid" or "an idiot"? Catch yourself and change it to "I am going to learn how to do this" or "I am going to ask for help on this." Avoid any negative language. You may feel stupid, but you are not stupid.

Let a pet help you with your self-care.
From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care. Dogs especially can help reduce stress and feelings of anxiety and can even lower blood pressure.