

Self care

When asked the question: “Do you take care of yourself?” most of us will answer “yes” — we’d even think, “What kind of question is this? Of course, I care about myself.”

When asked, “In what ways do you take care of yourself?” — well, that’s where the tricky part begins.

What is self-care?

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it’s a simple concept in theory, it’s something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It’s also key to a good relationship with oneself and others.

What isn’t self-care?

Knowing what self-care is not might be even more important. It is not something that we force ourselves to do, or something we don’t enjoy doing. self-care is something that refuels us, rather than takes from us.

Self-care isn’t a selfish act either. It is not only about considering our needs; it is rather about knowing what we need to do in order to take care of ourselves, being subsequently, able to take care of others as well. That is, if I don’t take enough care of myself, I won’t be in the place to give to my loved ones either.

I believe that self-care is really found in the small moments of life – when you choose to take a deep breath because you notice you’re feeling stressed, or when you give yourself three minutes before bed to sit quietly and reflect on your day.

