

Self-Care

The key to living a balanced life 😊

Self-care is any activity that we do deliberately to take care of our mental, emotional, and physical health. We very often overlook the concept and process of self-care. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others. It is not something that we force ourselves to do or something we don't enjoy doing. Self-care is refuels and energizes us, rather than deplete us. Self-care is not a selfish act either. It is not only about considering our needs. Rather, it is knowing what we need to do 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 will not be able to provide care to others.

Remember: Practicing self-care not only helps us feel better. It also helps us function at our best. It replenishes our reserves, boosts our energy and provides clarity. We're able to do everything from making smarter decisions to helping others. In short, self-care supports our health and well-being.

Self-care means different things to different people. Below are tips that can be followed by all to identify, implement, and enjoy the concept and acts of self-care 😊

- ✚ Create a “NO” list, with things you know you don't like or you no longer want to do.
 - ✚ For example: Not checking emails at night, not attending gatherings you don't like, not answering your phone during lunch/dinner.
- ✚ Promote a nutritious, healthy diet.
- ✚ Get enough sleep. Exercise, which is as good for our emotional health as it is for our physical health. It increases serotonin levels and releases endorphins in the brain, thus leading to improved mood and energy. Use relaxation exercises and/or practice meditation.
- ✚ Spend enough time with your loved ones.
- ✚ Do at least one relaxing activity every day, whether it's taking a walk or spending 30 minutes unwinding.
- ✚ Do at least one pleasurable activity every day; from going to the theater, cinema, to cooking or meeting with friends.
- ✚ Look for opportunities to laugh!

