Practicing Self-Care

"Please put on your own oxygen mask before assisting others."

Despite how it may sound, it's not selfish to make sure you can breathe. It's practical. You're no good to anyone if you're passed out.

Think about the ways you take care of yourself.

Self-care is an excellent tool for improving your mood and managing stress and anxiety. It's about recognizing, acknowledging, and prioritizing your own basic needs.

Imagine driving a car that you never clean or bring in for tune-ups or oil changes. Strange noises start emerging under the hood, but you just keep on driving. What's going to happen to that car? Sooner or later, it's going to break down.

Self-care is just good self-maintenance.

How to get started:

Self-care starts with self-awareness.

In order to give yourself the care you need, you need to identify what your needs are. In other words, listen to your body, your mind, and your feelings.

Self-care comes in all different forms.

- It can show up in your lifestyle through sleep, nutrition, exercise, and hygiene habits.

- You can seek it through community by spending time with loved ones or volunteering.

- It can come from fun and leisure by spending time on hobbies, personal projects, lessons and classes, or even chores.

- You can find it in time alone by creating quiet space, away from distractions, screens, and duties, and saying "no" to activities or people that you find draining.

Give yourself permission.

Remember: We're talking about basic maintenance. It's more than okay to give yourself what you need to function. It's essential.

It won't happen on its own.

Look ahead and make time for self-care, just like you do with commitments to work, family, and friends. Put personal time on your calendar and announce your plans to others, so that they can manage their own expectations and needs.

Igniting Action:

How would you benefit from regular self-care?

What can you commit to as a next step?

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