

## SELF CARE

Self-care is simply taking care of yourself. Self care is any act that improves your physical or mental wellbeing. It may seem obvious at first that you take care of yourself, you wouldn't neglect your own wellbeing! The problem comes when 'life' gets in the way – stress at work mounts up, you start losing sleep and eating badly. Taking time out in the day to focus on self care can yield great results in all areas of your life. It doesn't mean you become selfish or neglect your loved ones. It means you become more self aware of your needs, requirements and you are less stressed when you take care of others.

### *Why practice self care?*

We often overlook the importance of Self-care but it is extremely necessary to take out time for yourself. It's not an easy task, as most of us are busy in our daily routines, office work, technology, it becomes really hard to spare a Me-time and it's always last on our agenda.

To practice Self-care can be a challenging job. It's predominant to understand that self-care is not only limited to our physical self, it also encompasses our inner health. With self-care we take care of our mind, body, and soul everyday and not just when we are actually sick. If you care for yourself, you end up with a general sense of calm and wellbeing, and will even be better equipped to help others if needed.

*Self-care makes you healthier, happier and resilient.*

### *Importance and Benefits of Self Care*

#### **Better productivity.**

When you start making time for things that are more important, your goals become clearer and you become more focussed in life, you are able to concentrate on work effectively with better productivity.

#### **Better resistance power to diseases.**

Indulging in a self care routine activates the parasympathetic nervous system (PNS), making our body rejuvenate itself, thereby boosting our immune system.

#### **Improved physical health.**

With a fortified immunity, your body can better ward off common colds, flus, fever, upset stomachs making you more physically strong inside and out.

#### **Enhanced self-esteem.**

When you start saying “No” to the unwanted things and start focussing on meeting your own needs, a positivity flows in your subconscious state, discouraging negative thoughts and paying more attention to your critical inner voice, and intrinsic values.

### **Increased self-knowledge.**

When we practice self-care, we try to figure out what matters the most to us, what we feel passionate and inspired about and we have better self understanding. Who knows we discover some hidden talent or prioritize an abandoned hobby for betterment.

### ***How to practice self care.***

#### **Mental Care**

- Keep a journal of dreams, thoughts or both. Having reference points for when you're feeling down can help you avoid triggers for these situations later on.
- Reminisce on old, happy times. Try going through picture books or chatting with a longtime friend.
- Make meditation a part of your daily routine. – it's the perfect way to get prepared for bed, or even if you're feeling particularly stressed that day.
- Take a walk somewhere you love, like a local park. Taking time out to clear your mind and focus on the beauty of the outdoors can work wonders.
- Take a mental health day if needed. Now, don't take a day off every week, obviously! But sometimes if you're feeling stressed, taking a day to do things that relax you can be the perfect pick me up to revive your motivation.
- Spend time with friends and loved ones. – this one should be self-explanatory! Nurturing your close relationships not only improves your mood, but also ensures you have a great social support group for if times get tough.

#### **Physical care**

- Join a new exercise class. Learning something new and exercising while doing it? Double yes!
- Get a good night's sleep. Easier said than done sometimes, but head here to read about our favorite tips.
- Revamp your diet. Constantly chowing down on convenience food? Read up on nutrition and prepare a list for next time you go shopping. Cooking healthy food works wonders!

- Make health important. Make doctors appointments for things you've been putting off, and make sure you always follow up.
- Treat yourself to a massage or a bath with Epsom salts. There's nothing like a toasty warm bath to melt all the tension from your muscles.
- Make exercise a part of your daily routine. You don't need to constantly shred at the gym to benefit from exercise. Add in a daily walk or cycle and reap the benefits!

Topic	Information	Additional notes
What is self-care?	<p>Self-care is simply taking care of yourself.</p> <p>It may seem obvious at first that you take care of yourself, you wouldn't neglect your own wellbeing! The problem comes when 'life' gets in the way – stress at work mounts up, you start losing sleep and eating badly. Taking time out in the day to focus on self care means you become more self aware of your needs/ requirements and you are less stressed.</p>	<p>It doesn't mean you become selfish or neglect your loved ones. It means you become more self aware of your needs, requirements and you are less stressed when you take care of others.</p>

<p>Why should I practice self-care?</p>	<p>Self-care is not only limited to our physical self, it also encompasses our inner health. With self-care we take care of our mind, body, and soul everyday and not just when we are actually sick. If you care for yourself, you end up with a general sense of calm and wellbeing, and will even be better equipped to help others if needed.</p> <p>Self-care makes you healthier, happier and resilient.</p>	<p>We often overlook the importance of Self-care but it is extremely necessary to take out time for yourself as most of us are busy in our daily routines, office work or technology. It's not an easy task, it becomes really hard to spare some "me time"- it's always last on our agenda.</p>
<p>What is the importance of self-care?</p>	<p><b>Better productivity.</b></p> <p>When you start making time for things that are more important, your goals become clearer and you become more focussed in life, you are able to concentrate on work effectively with better productivity.</p> <p><b>Better resistance power to illness and diseases.</b></p> <p>Indulging in a self care routine activates the parasympathetic nervous system (PNS), making our body rejuvenate itself,</p>	<p><b>Better productivity</b></p> <p><b>Better resistance power to illness and diseases</b></p> <p><b>Improved physical health</b></p> <p><b>Enhanced self-esteem</b></p> <p><b>Increased self-knowledge</b></p> <p>&lt;Re-emphasize benefits after explanation&gt;</p>

	<p>thereby boosting our immune system.</p> <p><b>Improved physical health.</b></p> <p>With a fortified immunity, your body can better ward off common colds, flus, fever, upset stomachs making you more physically strong inside and out.</p> <p><b>Enhanced self-esteem.</b></p> <p>When you start saying “No” to the unwanted things and start focussing on meeting your own needs, a positivity flows in your subconscious state, discouraging negative thoughts and paying more attention to your critical inner voice, and intrinsic values.</p> <p><b>Increased self-knowledge.</b></p> <p>When we practice self-care, we try to figure out what matters the most to us, what we feel passionate and inspired about and we have better self understanding. Who knows we discover some hidden talent or prioritize an abandoned hobby for betterment.</p>	
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<p>How do I practice self-care?</p>	<ul style="list-style-type: none"> <li>● Spend time with friends and loved ones. – this one should be self-explanatory! Nurturing your close relationships not only improves your mood, but also ensures you have a great social support group for if times get tough.</li> <li>● Get 7-8 hours of sleep to get adequate rest and function in optimal condition.</li> <li>● Eat a healthy balanced diet to provide fuel for your body.</li> <li>● Take a walk somewhere you love, like a local park. Taking time out to clear your mind and focus on the beauty of the outdoors can work wonders.</li> <li>● Make meditation a part of your daily routine. – it's the perfect way to get prepared for bed, or even if you're feeling particularly stressed that day.</li> </ul>	<p>Consistently practicing self care will certainly lead to an improvement in the quality of your life.</p>
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	<ul style="list-style-type: none"><li>● Add exercise to your daily routine- a healthy body helps to keep your mind active and this is also a great way to channel your tension and feel less stressed.</li><li>● Indulge in small activities like skincare, taking a long bath or a hobby to relax and take a break from your fast-paced and busy life.</li><li>● Take a well-deserved break: a mental health day. Now, don't take a day off every week, obviously! But sometimes if you're feeling stressed, taking a day to do things that relax you can be the perfect pick me up to revive your motivation.</li></ul>	
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