



SELF-CARE STRATEGIES

for Today's Busy Employees

Self-care is most often perceived as all about indulging yourself, playing selfish, and giving full attention to your needs only. This perception could not be farther from the truth. Time and time again, this misinterpretation often brings to light some bothersome observations by friends, family, and even coworkers.

One of the main reasons for this misperception is that many people still do not grasp the value of self-care and how everyone should make sure that they take the time to look after themselves, making themselves a priority. The reality is that everyone has a fundamental right to practice self-care for many different reasons, one of them being to prevent yourself from going down the route of neglecting your basic needs.

To start off, first consider what self-care is. Self-care can translate into a great number of distinct capacities; yet, if you look at it objectively, self-care is nothing more than taking the time to care for yourself. Not just physically, but also mentally and emotionally.

Self-care is when you intentionally take time to check in with yourself. It is that moment in which you deliberately choose to become involved in activities that you know will allow you to be in a better place. Self-care is you purposely choosing to prioritize yourself, showing up for yourself, and making sure you are in a good enough place to take on your day-to-day life and the numerous different aspects of it.

Practicing self-care is known to enhance self-esteem, increase positive feelings, and create more joy and satisfaction, which can all translate to a big expansion in energy levels and allow a major uplift in motivation.

With self-care comes a substantial improvement in your emotional health and a boost in your immune system that ends up with you feeling more well equipped to handle everyday pressures.

Regular self-care allows you to navigate through ordeals in a calmer state while dealing with any challenges that arise. The benefits of being intentional in these kinds of practices are broad and linked to positive health outcomes.

Everyone knows that society has been operating on the belief that one must always be productive, work long hours, and avoid taking breaks and time off. This notion ultimately has led to burnout and prolonged emotional, physical, and mental stress, as it does not allow any space for self-care.

Long working hours and juggling different aspects of your life throughout the day can be draining and push you to the limit. In order to prevent such a state, everyone should strive to take control of their overall health and wellness.

As the old adage goes, “You can’t pour from an empty cup,” and this is an absolute truth. You simply will not be able to give your best self to the important things in life if you don’t take care of yourself first.

The truth is that everyone needs to work on being one step ahead in terms of self-care. Without that awareness, you simply cannot operate fully for long. In order to comprehend and fully accept the concept of self-care, it is important not to view self-care as simply a reward; rather, it is a necessity.

What is meant by this? When you think to yourself, “Oh, I had such a long day, I deserve to...” you should make an effort to change your self-talk. Try to regard self-care not as a reward but rather as a must and a need—not merely labeling it as something you do because you endured a tough day.

Self-care can look different for everyone, and it doesn’t need to translate into relaxing practices such as a trip to a fancy spa or going on a retreat.

There’s no right or wrong. The important thing is that whatever you decide to do as a self-care practice is something you think of as an act of self-love.

SELF-CARE EXAMPLES

- Strive for a good work-life balance
- Saying “no” to things that you know causes unnecessary stress
- Take short breaks throughout the workday to focus on destressing.
- Setting time to hit the gym, go for a run, or go for a walk
- Taking time for yourself to do what you enjoy, like taking a bubble bath or dancing to your favorite tune
- Limiting your spending to save up for something you truly want to purchase
- Scheduling time to meet up with friends and do a weekly check-in
- Self-care is how you take your power back. Self-care is critical to a happier and fulfilling life. Be sure that you are prioritizing yourself.