

Self-Care Tips



As adults, we tend to be caught up in day-to-day life. At times becoming wrapped up in worldly concerns can make us feel stressed and overwhelmed. That often results in us neglecting our minds and bodies, which can be greatly detrimental. It is highly important to step back and set aside some time to take care of and be kind to yourself. It is not selfish to take care of you.

Here are some tips that you can use to get you started on your journey to caring for yourself:

1. Eating healthy



The type of food you eat not only affects your physical health, but your mental health, so it is important to nourish yourself with healthy foods like fruits and veggies.

2. Make yourself a home-cooked meal



We usually tend to go for fast food whenever we are busy, and these meals usually are not enough when it comes to nourishing our bodies. Taking the time to prepare you and your family a meal at home can be really rewarding.

3. Exercise



Exercising helps boost your mood as well as reduce stress and anxiety. It also helps keep you fit and shed any unwanted weight if you desire.

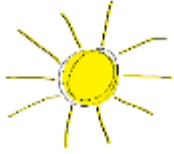
4. Learn to say “no” to others



For some of us, it can be difficult to tell our loved ones “no”. However, if you are feeling stressed or overwhelmed, taking on too many things at once can lead to burnout. It is very important to give yourself the time to tend to your own needs and unwind! You can say it by being kind. For example, “I really want to be able to help you with that. Working with you on activities is fun.

Right now, I have some obligations getting in the way. Please let me know next time. Maybe things will work out.

5. Get some Vitamin D



Soaking in the sun's rays has its benefits. Spending time outside helps alleviate stress, reduce blood pressure, and can help you sleep better at night, especially if you do some physical activity, such as going for a walk. Focus on the beauty around you and how calm that makes you feel. Appreciate the little things you see while outside.

6. Get organized



Getting organized allows you to solidify exactly what you need to do to improve your quality of life. When you organize what is around you, it helps your thoughts to be more organized too.

7. Do something fun for yourself



Take a small trip somewhere. Getting away for a day or weekend every now and then can really help reduce stress, and make you feel rejuvenated. You can have a picnic, take a bubble bath in candle light, or go window-shopping. These activities do not have to be costly; you can go to a park, or go camping by yourself or with a friend! What do you like to do for fun?

8. Start a gratitude Journal



Each day write down three things for which you are grateful. It is impossible to be grateful and depressed in the same thought. This should help you discover if your thoughts are caring thoughts or uncaring thoughts. Thoughts are VERY powerful. Do you control your thoughts or do thoughts control you. You begin by writing down and thinking about what you are grateful for.

Taking the time to do things for yourself is not being selfish. It is essential to practice self-care. The more you work on self-care and actively work on incorporating it into your schedule, the better you will be able to enjoy life, flourish, be more productive and thrive