



The Importance of Self-Care

Some see self-care as all about indulging yourself, being selfish and giving full attention to your needs only. This perception could not be farther from the truth.

Consider what self-care is. It is simply taking time to care for yourself physically, mentally and emotionally. It means checking in with yourself, choosing to prioritize yourself and making sure you're in a good place to take on day-to-day life.

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 with self-care are broad and linked to positive health outcomes. Practicing self-care:

- Enhances self-esteem
- Increases vitality
- Creates more joy and satisfaction
- Improves your emotional health
- Boosts your immune system
- Increases resilience

Taking part in self-care activities helps you pick the best course of action. Stop and ask yourself, "What do I need right now?" Making a conscious choice can make the difference between having a well-balanced day or a stressful, negatively charged day.

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

Here are some ways you can practice self-care:

- *Set emotional, mental and physical boundaries*
- *Be sure you have a good work-life balance*
- *Say "no" to things that cause unnecessary stress*
- *Give yourself permission to take a break, meditate and spend time in nature or at home*
- *Set time to hit the gym, go for a run or take a walk*
- *Take time for yourself to do what you enjoy, like taking a bubble bath or dancing to your favorite tune*
- *Limit your spending to save up for something you truly want to purchase*
- *Schedule time to meet up with friends and do a weekly check-in*

These are just a few self-care strategies you can practice. Keep in mind that this isn't about what others do or say you should do. It's about what you believe will help you prioritize your well-being.

Start by picking out a daily or weekly practice and slowly lacing it into your daily routine. To help you become conscious of how much that practice is helping, take note of any positive changes that result with the change in your behavior.

Self-care is critical to a happier and fulfilling life. Be sure that you prioritize yourself.

Looking for additional support? Contact us today.

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