

At first glance, putting yourself first appears to be rather self-serving, until you realize: I cannot care for others if I cannot care for myself.

Here are some quick tips to care for yourself in this season of life:

- 1.) **Take time to do what you enjoy.** Discover activities that you find relaxing, fun, or energizing such as taking a bath, reading a book, meditate/pray, listening to music or taking a vacation.
- 2.) **Take care of your body and mind.** Eat regular, scheduled meals. Stress causes us to avoid eating or to eat when we are not hungry. Get enough sleep, attend to your personal hygiene, and maintain good health. Guard your thoughts, be kind to yourself. Replace negative thoughts with positive ones.
- 3.) **Beware of the barrenness of a busy life.** Don't let busyness interrupt the time you set aside for self-care. Your self-care should be given a greater importance than your responsibilities. Why? Your value is determined by how you prioritize yourself; you are a priority to successful, healthy relationships.
- 4.) **Set realistic, attainable self-care goals.** Indefinite goals, such as "I will take more time for self-care" will only ensure your goal will not be achieved. Be specific, set specific times and places.
- 5.) **Make self-care a habit.** Choose activities that you will follow through with.
- 6.) **Set boundaries to protect your self-care.** Don't be afraid to say "no" to others—your self-care is reason enough. Remind yourself that your needs are as important as anyone else's. Find reasons to laugh.
- 7.) **A few minutes of self-care is better than no self-care.** Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.
- 8.) **Unhealthy activities don't count as self-care.** Substance use, over-eating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.
- 9.) **Don't abandon self-care when you're feeling good.** Self-care will keep you in a healthy routine and may very well be responsible for why you are feeling good.



Sincerely,

Carlo Griseta

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