

Self-Care

“Where do you see yourself in five years?” This is a question most of us have been asked at some point in our lives. Five years ago, when people were asked that question, no one would have said, “I’ll be in the middle of a pandemic, having to wear face masks everywhere I go, and practicing social distancing.” The year 2020 is an unprecedented year. Everything about it has been unpredictable. There is one thing that everyone needs to make a priority, despite the pandemic or other crises that might be happening in 2020. That one thing is Self-Care. Self-care is vital in keeping people in the best shape possible, both mentally and physically.

What is self-care? Why is it so important? *Psychology Today* describes self-care as “... a continuous process of proactively considering and tending to your needs and maintaining your wellness.” In other words, self-care is what individuals do to keep a sound mind and body. It is important that a person take care of themselves if they want or need to help or take care of others. Self-care helps in many areas of a person’s life, including parenthood, family, relationships, work, and school. It also helps with any of the many ways we identify ourselves. If we do not take care of ourselves, it can lead to anxiety, anger, fatigue, and depression, and can contribute to reduced self-esteem, compassion, and empathy.



Some physical ways stress can affect you is a simple as:

- Headaches
- Low energy
- Upset stomach
- Aches, pains, and tense muscles
- Insomnia

While these are the general ways stress can affect people, this does not mean that stress will affect you the same way as others. You may have different symptoms related to stress. It is important for you to know when you are feeling stressed and what steps you need to take to take care of yourself. You should then try to identify what situations are causing you stress so that you can avoid them, if possible, or find ways to cope with the situation or activity.

There are many different ways to do self-care. Some people enjoy more artistic endeavors, such as writing in a journal, making music, writing a book, drawing, painting or pottery. Others prefer physical alternatives -- which is most likely some form of working out or eating healthy. Others need social outlets such as hanging out with friends or going on vacations or adventures with people. While there are many different ways engage in self-care, some people need help developing these skills by going to a counselor or seeking help with learning these skills from others.

Below are some things you should try to incorporate into your everyday self-care routine.

- Physical Health
 - Exercise routinely
 - Eating Healthy
 - Getting Enough Sleep
 - Avoiding Alcohol and Drugs
 - Practicing Relaxation Exercises
- Recharge yourself
- Practice Good Mental Health Habits
 - Notice the Positive
 - Gather Strength from Others

References:

<https://www.psychologytoday.com/us/blog/modern-mentality/201901/is-self-care-just-trend>

<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>