

How You Can Practice Self-Care into your Busy Routine

1. Identify what activities help you feel your best. Self-care is individual. “Self-care for one person will mean something completely different for someone else. One person may need more alone time, for example, while another may nurture herself by spending more time out with friends.”

2. Put it on your calendar — in ink! Take a close look at your calendar and carve out one or two hours for self-care and stick to it.” This may take extra prep, but it’s worth it. For some mornings are the best time to exercise, so at night, lay out your workout and professional gear and anything else you need for your day. Keep an eye out for special events, too.

“When you see information about an event that you would enjoy, make a reservation or purchase tickets so that you have something pleasurable on your calendar.” *If you’re crunched for time, gradually increase your self-care each month by a few minutes.*

3. Sneak in self-care where you can. If you don’t have huge chunks of time, you can still fit in little moments of relaxation. “Don’t wait to add self-care to your life until your schedule frees up. (You might be waiting a while to forever. Start where you are! “Starting is the most important step to take.” “Even if you take just five minutes to close your eyes and take a few deep breaths, it can help your stress level, a 10-minute walk can make a big difference.” Don’t hesitate to get creative either, perhaps use time between client appointments to listen to music and dance.

4. Take care of yourself physically. Get enough sleep, eat nutritious foods and exercise. “When you physically take care of yourself, you will reap the benefits emotionally, psychologically, health-wise, and in your relationships.”

5. Know when to say no. “Your health and well-being come first.”

6. Check in with yourself regularly. Ask yourself the following critical questions: “Are you working too much? Do you feel tapped out? What do you need to take away, and what would you like to add?”

7. Surround yourself with great people. Make sure that the people in your life are “upbeat, positive and know how to enjoy life.”

8. Consider the quality of self-care. “Go for quality, especially when the quantity is lacking,” For example rather than getting sucked into channel surfing for hours, record your shows. “By minimizing my TV time, you will have more time for other better things.”

9. Remember that self-care is non-negotiable. “In order to live a healthy and rewarding life, self-care is a necessity. With that attitude, it becomes very natural and easy to do.” *JUST DO IT!!! YOU ARE WORTH IT!*