

TAKE CARE OF EVERY BIT OF YOU.

Self care as a lifestyle not a task can help you be all that you are and all that you know you can be.

In the last section, you explored your ideas of happiness pre-virus and now. You examined how you are or aren't allowing your happiness show up or how it serves to hide other emotions. This section takes that idea a step farther.

I'm asking you to look at how you think of self care. Is it something you do when you have time, after you've done all the other things on your list. If that's the case, how often do you get to it? For many of us, the answer will be "not as often as I should..." and that puts all sorts of limiting thoughts into our heads.

I think you're practicing more self care than you realize.

It comes down to semantics, friends. Do you need to practice self care or do you want to simply care for yourself?

Because we are more than just one label/emotion/thought, we deserve more than one idea of what self care is. Self care can, and I think ought to be, different from day to day or even hour to hour. It can be integrated throughout the day, as a way of life rather than a big task to complete. To care for oneself can be simplified down to the act of brushing our teeth, or putting on hand lotion. These types of things contribute to our overall health and wellness. If a daily walk makes you happy but you don't get to it every day, maybe that's because the walk isn't the right thing for your life at this time. Maybe it's just not what you want to do no matter how many times you put it on your self care list. Is there something else you can choose to do instead? Something you'll be more drawn toward?

Give yourself credit for the way you already care for yourself. See if that can help you step away from the idea that you're NOT practicing self care. Instead, give yourself credit for what you ARE doing.

Jot down some of the basic things you do every single day that show how you care for yourself. And, if there are other things you'd like to do, jot those down. This is your "I Care for Myself" toolkit. It can remind you of how well you really are doing and it can give you ideas for other things you might want to try. You can use the page I've made or come up with one of your own.

Things I Recognize as Self Care

Things I Can Start Recognizing as Self Care



Things I Keep Meaning to Do..and What I
Might Decide is a Better Choice for Me