



Today all I am simply sharing, is an image on self care and feelings.

Why? Because that is exactly what I did last night when I got home from work. I hugged my kids, we all had dinner with my parents who had collected them from school for me, I did some minor tidying (the rest can be done another day!) and then spent time checking in with each of my children before bed time and most importantly then.... I spent some time checking in with myself after a busy day.

Self-care is not just about eating chocolate cake, bathing by candlelight, or going for a run. Although all those things, amongst many others we all have and use, are excellent in making us pause, reward ourselves and expel energy, it is about the inner focus too.

True self care is allowing yourself to be present in your own mind and body, noticing your emotions in your body, naming them if you can, letting yourself express them and releasing them. And it is finding the right time and space to do this, which is also tricky when we're all juggling busy lives.

Talking to yourself, as well as others is helpful to express emotions so no, you're not going crazy! Verbalising your feelings without shame is validation and helpful in processing.

So for today's well-being focus, all I will say is... I hope you can put the 'care' into self care and do what you need, when you need it.

And speak to someone if you need a check in.
As the saying goes "a problem shared, is a problem halved".

Connection is important - with each other and even more so with ourselves.

Look after you!

#mentalhealthmatters #wellbeingeveryday
#notjustweds #putintopractice #checkin #careintoselfcare #wereallhuman
#feelingsneedfeeling