"Self-care is giving the world the best of you, instead of what's left of you."

Katie Reed

MYTHS ABOUT SELF-CARE

❌ Self-care is an indulgence

✅ Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.

❌ Self-care is selfish

✅ When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.

❌ Self-care is a one-time experience

✅ Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.

❌ Self-care is time consuming

✅ Self-care does not require you to take out a huge chunk of time from your busy day.

www.mymindoasis.com

REMINDER:

WINNIE THE POOH WORE A CROP TOP WITH NO PANTS AND ATE ALL HIS FAVOURITE FOODS AND LOVED HIMSELF, SO YOU CAN TOO.

PRETTY⊙

Always remember... 🥲

SELF CARE iS A PRiORiTY AND NECESSiTY -NOT A LUXURY-

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I hope this email finds you taking whatever steps you need to look after your mental health and well-being.

Types of Self-Care

Physical	Emotional	Social	Spiritual
Sleep Stretching Walking Exercise Nutrition Yoga	Stress Management Coping Skills Compassion Therapy Journaling	Boundaries Support System Positive Social Media Communication Friends	Time Alone Meditation Prayer Nature Sacred Space

Personal	Space	Financial	Work
Hobbies Creativity Goals Identity Authenticity	Safety Healthy Environment Stability Clean Space	Saving Budgeting Money Management Paying Bills Boundaries	Time Management Work Boundaries Breaks

BlessingManifesting

And on that note, with the start back, I am sharing again about the importance of "self-care".

SELF-CARE: HOW TO LOVE YOURSELF

THE IMPORTANCE OF SELF CARE

In the midst of our busy lives, it's easy to overlook our own needs and put the well-being of others before our own. However, practicing self-care and showing love to ourselves is not only essential, but it is also a powerful act of nurturing our physical, emotional, and mental well-being.
 In a world that often emphasises productivity and external achievements, taking time for self-care can feel like a luxury or even selfish.

But it's important to remember that self-care is far from selfish. It is a vital practice that enables us to replenish our energy, maintain balance, and ultimately show up as the best version of ourselves. When we prioritise self-care, we are acknowledging our own worth and intrinsic value. We recognise that we deserve to be cared for, just as much as anyone else.

A few starters can be:

* Use daily Affirmations: affirmations work to help boost your self esteem
* stop negative thinking: adding fuel to the fire of negative thought patterns can leave you feeling down
* Build your strengths and focus on your successes
* Smile 😁: smiling releases endorphins so it literally will make you feel much better.
* Ask for help when you need to: ask others for support to help lighten the load so you can manage
* Safe space: take the time you need by putting in boundaries to rest, recharge, do the things you enjoy to help improve your mental health and well-being.

By making ourselves a priority, we signal to the world that our well-being matters and that we are worthy of love and kindness.

For further interest there's a TED Talks video: "Why Self Care isn't Selfish" https://lnkd.in/dqaaakH

So look after you because the most important relationship you will ever have, is the one with yourself!

#mentalhealthmatters #selfcare #wellbeingweds #youmatter #boundaries #priorities #knowyourlimits #sanitynotvanity