



Self Care

An important component of long-term health and stress management.

Do you find yourself constantly on the go, working on that to-do list and never having time for a break? Many people feel pushed to the limit with the hustle of daily life. Everyday demands can be overwhelming. Most people do not carve out time to care for themselves.

By practicing self-care, we are able to calm our physical and emotional distress. Incorporating self-care into your life also helps create a sense of balance. Good self-care can be described as any intentional action you take to care for your physical, mental and emotional health. Physical self-care involves exercise, food and medical care. Another area people tend to overlook but can have a great impact on our overall health is getting enough sleep.

Taking care of our own mental and emotional needs can be tricky. The goal is to find balance between challenging yourself and overdoing it. Check in with yourself on a regular basis. Rate your stress level and if you are feeling overwhelmed, take steps to reduce your stress.

Your social health also plays a role in your self-care. Develop a support system of people that you can laugh with or spend time with but whom you can talk seriously with when problems arise. Also, choose

a variety of things you can do for fun, whether you're with others or alone, and engage regularly in those activities.

The benefits of self-care

Self-care can create a sense of relaxation which can help prevent chronic stress from damaging your health. Taking time out to care for yourself can remind you and others that your needs are important, too. Having a well-cared-for body can make you feel good about yourself and your life and shows others that you value yourself. This can contribute to long-term feelings of well-being. Taking a break from stress is like taking a mental and emotional vacation. This allows you to come back to the reality of your life feeling refreshed and relaxed. Both your energy level and your ability to cope with the external world are renewed when you balance productive time and restorative time.

How to practice self-care

To incorporate more self-care into your life, consider creating a routine. Routines can give your life more stability, security, and serenity. Develop a new routine that includes self-care to incorporate into your life. After a week of engaging in your new routine, consider if you feel more relaxed, healthier and less overwhelmed. Be flexible and allow yourself the ability to adjust this routine until you find what works for you.

Utilizing good self-care regularly takes practice. You might feel guilty for taking time for yourself. But with practice, it will become more natural and automatic. Almost immediately you'll notice you feel a whole lot more fulfilled. Make your self-care a priority, not something that just happens (or doesn't happen!) by accident. Your EAP can help you reach your self-care goals. Through life coaching, we can provide you with tools and assistance to help incorporate self-care into your everyday life. Your EAP also offers counseling if there are personal issues getting in the way of you taking good care of yourself. Call us today or visit EAP4YOU.com to learn more. We're here for you.