

The Importance of Making Time for Self-Care

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We often hear the buzz word “Self-Care” and the importance of incorporating it into our lives. But what exactly is self-care? Why is it so important? And what exactly does it entail?

Self-care involves anything you do to nurture or pamper yourself, or to provide more enjoyment in your life through healthy activities. Yes, this can include costly pampering routines, like getting a pedicure or a massage, or going on a cruise. But it also includes small, simple activities, such as going for a walk, reading a book, taking a bubble bath, or stopping to simply smell the roses.

The key is taking the time to incorporate self-care activities into your life on a *daily* basis. Unfortunately, self-care is often the first thing sacrificed due to the busy schedules, obligations, and responsibilities that so many of us juggle. But self-care is precisely the thing that is so important in order to maintain stability, balance, and perspective.

Often times, people worry that taking time out for themselves is selfish; however, a healthy balance of self-care is the opposite. A popular analogy is that of the oxygen mask spiel on flights: “Secure your own oxygen mask before assisting others.” If you run out of oxygen, you will be useless to everyone. The same concept is true with self-care. When you deny yourself time for self-care, you run the risk of becoming tired, cranky, burnt out, and completely depleted. However, if you take some time to make yourself a priority, you end up feeling happier, healthier, more energetic, and are ultimately in a better position to be available, patient, and present with others.

To begin incorporating self-care in your life, start by making a list of things you enjoy, then make an effort to do one each day, even if it’s for just five minutes. By setting aside time to do the things we enjoy, we feel better about ourselves, happier in our lives, and we are ultimately better able to manage our various responsibilities and stress.

Having a variety of activities to choose from ensures balance and keeps the endeavor from becoming another obligation or task in our routine. Some easy ideas for self-care activities include taking time out for relaxation through meditation, prayer, or deep breathing, or stretching, daydreaming, or journaling.

Remember, self-care doesn’t need to be big, expensive, or time-consuming. It just needs to happen regularly. So take some time for yourself each day. You deserve it.