



Restore with Self-Care

When we are caring for others, we often put ourselves last on the care list. Being a care partner can cause intense feelings of mental and physical exhaustion. The days are long, and the job can be grueling. Although there are many aspects of this work that are rewarding, it can trigger feelings of remorse and leave you feeling burned out or at your wits end. We'd like to share with you some simple ways to restore yourself with self-care.

Self-Care is any activity that we do consciously to take care of our mental, emotional, and physical health. This should be a simple and enjoyable practice.

Taking time regularly for self-care can make you a better care partner for others. Self-care provides us with an opportunity to cultivate compassion and encourages self-esteem as we improve ourselves inside and out. When we take time for ourselves to cultivate a better internal dialogue, the effects will be seen in all of our relationships.

Simple Self-Care Techniques

Schedule Time to Mindfully Breathe – Once a day, sit quietly and allow your attention to focus on your breath. Research shows that mindful breathing is one of the most effective ways to lower everyday stress levels as well as to improve the overall health of your body. When you are mindful of your breath, you learn how to simply observe it and open your awareness to breathing in and breathing out. Do not try to control it or judge it in any way; just allow it to be.

Gratitude Journal – Each day write down 3–5 things that you are grateful for in that day. By doing this, you will gain new insights that allow you to recognize all of the blessings that come in disguise.

Keeping this daily practice, you will find yourself focusing more time and energy on things that truly make you happy.

Learn Something New – As Positive Psychology champion Vanessa King says: “Ideas come from seemingly unrelated things.” When we are learning new things, it can trigger ideas in other areas of our lives. When we are mastering new knowledge and skills, we build self-efficacy. You can download a new language app on your phone like Duolingo, subscribe to an online class that you have always wanted to take, watch a YouTube video about a new recipe. The possibilities are endless to broaden your horizons!

Self-Care Benefits

- **Promotes Rest and Relaxation**
Calms the mind so we can rest more peacefully.
- **Promotes Healthy Relationships**
Allows us to show up for others in need.
- **Improves Mental Health**
Empowers us to stop beating ourselves up over what we have not been able to accomplish.
- **Improves Physical Health**
Provides us with energy to get back to doing activities that stimulate our body.
- **Improves Emotional Health**
Keeps us free of victim mentality.
- **Encourages Self Improvement**
Opens the door to entice us to continually do more for ourselves.
- **Encourages Self Esteem**
Helps us become stronger by setting healthy boundaries.
- **Cultivates Compassion**
Helps us to “see” others and to provide honest moral support.