

## Day 18: When you do things to care for yourself you are saying you are worthy

I'm sure you've heard the saying, place your oxygen mask on first before helping small children or assisting others. There is such truth to this. How can you help anyone if there's no supply of oxygen to you? If you aren't doing well yourself how can you take care of anyone else?

Self love is the feeling and self care is the action you take. It is self responsibility and it can empower you to live a life of complete wellness. It's the practice of being aware of what you need, noticing when you are overloaded or overwhelmed and then taking action to fulfill those needs.

Taking care of yourself is not a luxury it's a necessity. It is NOT selfish, it is self preserving. If you aren't taking care of yourself, you are self sacrificing.

Self care is important for a healthy immune system, for better self esteem, to feel worthy, to create balance in your life. It can help in your relationships, possibly lessen stress, anxiety and depression, it can support you in living a happier life with more energy and total well being.

Self care often looks like freeing yourself from things that don't feel good, setting healthy boundaries, saying no to things you don't want to do. It's showing up for yourself. It's finding happiness, aligning with your values, doing things you love to do, allowing in help, connecting with others when it feels good and then being alone when you need time to yourself.

If you are constantly giving, doing or expending energy in places other than directed at yourself, there's no filling yourself back up. You, more than anyone, deserves your time and attention.

You have to be balanced in what you are expending and what you are receiving. If not, you'll wind up out of balance and this will eventually catch up with you and you probably won't like how it does. Sometimes this can lead to burnout, illness, disease, mental or emotional breakdowns, frustration, resentment, or just an overall feeling of no enthusiasm for life.

Without taking time for yourself how will you cope with life's demands?

So let's take a look at what's stopping you from taking care of yourself.

The real issue with self care is looking at why you aren't taking care of yourself to begin with.

There are so many things you can do to engage in activities that are self loving, and if you don't get to the root of why you aren't taking care of yourself, you'll probably just feel more exhausted because you have an extra thing on your to do list.

If there is trauma involved, people tend to not care for themselves because at a deep level they really don't feel worthy of the care and they often don't trust themselves.

I've heard people say, they don't have time or they feel guilty taking time because it's taking away from work, kids, or partners.

I know this can feel very valid, but is it allowing you to live the life you want to be living? How good do you feel when you don't take time for yourself? The reality is, if you don't take time to take care of yourself you could wind up getting sick or develop some sort of illness. If this happens, this is the universe telling you you're out of balance and you need more ME time.

Do you feel exhausted? Are you mentally depleted or physically not well? If this is the case, you need more attention and you need to examine what is draining your energy.

Do you feel happy, fulfilled or purposeful? If you don't you aren't taking enough time for yourself. This is the exercise for today and it's an important one. Take some time to really think about this. This is the biggest thing you can do to help take care of yourself.

Now, if you have demands that are unavoidable, your self care approach needs to be replenishing your energy. Can you take things off your list? Does all of this have to fall on your shoulders? It may, but first look at where you can delegate and call in some help. If this is unavailable to you then you want to

practice self care activities that will renew your energy, and it's helpful to connect with your higher self to find out what is the path of least resistance. Your being knows what this is based on how you feel.

There is always something that needs to get done and there are only so many hours on a day, and you've got to be well enough to show up for your life.

This is about taking a holistic look at all aspects of your being which involve the physical, mental and spiritual. One does not exist without the other so we are going to take time to talk about each one. In many ways they are all intertwined as one affects the other and doing something can have an affect on all of them.

Balance balance balance- this is the key to healthy living. Make sure you are incorporating, not just one but all to create a healthy lifestyle. They are all intertwined and all deserve equal attention.

**Physical-** not only does taking care of yourself physical help your immune system and your overall well being there are also mental and emotional benefits as well a better quality of life.

Here are some ways to physically care for yourself.

Massage - helps to release tension and can stimulate your immune system.

Healthy foods- eating live foods that grow from the earth.

Exercise - Dancing, yoga, walking, whatever feels good to you.

Rest- your body needs recuperation and how do you get it if you are constantly on the go? Take time to relax, time to balance mind body and soul.

Grounding- putting your hands and feet on the earth to absorb negative ions which has many health benefits. There's actually a documentary film made about this called Grounding -The grounded documentary film which I believe is free on you tube which if this is of interest to you check this out. Getting enough sleep

Staying hydrated, drink lots of water.

Take a salt bath.

Meditative forms of physical activity like qigong or tai chi or yoga - which are all ancient practices that have many benefits can include help with sleeping, pain, anxiety, depression, lowering blood pressure, cortisol levels, stress reduction.

**Mental and emotional-** When you take care of your mental health this can reduce your stress levels, it can also help with anxiety and depression, increase the amount of joy you have in your life and overall can bring you more clarity and peace.

Here are some things you can do to take care of yourself mentally and emotionally.

Doing something everyday that you enjoy.

Part of mental peace comes from not worrying what others think, Are you worrying or are you trusting?

Self growth - Avoid overanalyzing -Getting emotional support, whether that's from a friend, loved one, coach, therapist -this allows someone to mirror back to you so you can gain different perspectives and release old wounding.

Unplugging from technology

Having more fun - Playing, being silly and laughing. There are so many health benefits to this. Take more time to laugh. Laugh at yourself, watch a funny movie, let yourself be playful this creates more of this energy in your life. It's lighter, it's easier, it feels better and it reduces stress anxiety and depression, can also lower your blood pressure.

Thinking positively -avoiding negative people and situations

Setting good boundaries

Self compassion and acceptance

Being patient with yourself

Journaling

Connection to self and others- we are hard wired for connection and it's part of what we are here to experience. Just remember you have to be aware of who you are interacting with and who you are allowing access to you. Do you feel enlivened or do you feel drained in the presence of these people?

**Spiritual** - something that connects you with your true self that feels sacred to you. It gives you a better sense of who you are and what you need.

Meditation

Nature heals and connects you to everything.

Soul fulfilling activities

More time connecting and reflecting

Looking for deeper meaning

Fully embracing the present moment

Listening to your inner self, intuition or higher self for guidance

Forgiveness, practice forgiveness

Random acts of kindness- this makes you feel good and deepens your level of purpose.

Letting go of all things that no longer serve your highest good...people, places, things, jobs, activities.

Clearing your space your external is a reflection of what's going on inside of you...it is actually universal law. Did you ever notice when you clean out your closet or drawers or you get rid of things in your house it feels better? When you clear your space you are releasing old things which will lighten the energy in the your space. Try moving things around in your home, this too can make you feel better.

Create a vision board to help you get excited about what you want to manifest in your life.

This is my favorite spiritual self care thing to do and I find time to do this one daily...Find beauty in the ordinary. Just look outside and see the miraculous. If you really stop to think about it, how the earth works is a miracle in itself and you are a part of that miracle.

Self care looks different for everyone and it may be different in each moment depending on what is happening in your life. It's why you need to connect to your higher self to find out what is right for you. You can't look to anyone else's self care routine and make it right for you. It won't be.

Commit to taking care of yourself, whatever that looks like for you, this is essential and one of the core ways to love yourself fully. If you've been doing one thing per day during this self love challenge see if you can commit to continue doing this every day after the challenge is over. Or maybe you would like to pick something different and start adding these things into your daily routine. It has to work for you, whatever it is. You will eventually start to see the benefits of becoming more confident, more connected to yourself, showing up for yourself resulting in more self love and more self trust!