Self-Care: Making Time for You

﻿﻿﻿﻿ ﻿Does your “to-do” list seem endless? A busy schedule may make it difficult to create space for self-care.

Making time to rest and regroup is essential to your physical and emotional wellbeing. The benefits include:

* Increased stress management
* Stronger immune system
* Higher energy levels

These tips may help you prioritize self-care:

* Define self-care. Only you can determine what self-care means to you. Choose activities that decrease stress and build resilience.
* Schedule self-care. Put at least one self-care activity on your daily calendar or to-do list. Consider scheduling this activity for the afternoon or evening. This gives you something to look forward to as the day progresses.
* Vary activities. Periodically shaking up your self-care routine will keep you from falling into a rut. Be open to trying new things and adjusting your self-care plans to fit your mood.
* Manage your time and energy. Overscheduling is one of the main reasons why people neglect self-care. Create a manageable to-do list that leaves time for last minute tasks or emergencies. Concentrate on “must do” tasks first so that you can focus on long-term projects in the afternoon. Set a defined end time to your workday, even when working from home.
* Monitor your needs. Some days may require more self-care than others. A stressful event, difficult loss, or disagreement with a loved one may require more extensive recharging. Listen to your body and mind.
* Say “no.” Knowing when to set limits is an important part of self-care. There is nothing wrong with skipping a party for a quiet night at home. Do what is right for you.

If you are struggling to find time for self-care, LifeMatters can help. Call 24/7/365.

Source: Life Advantages

Call LifeMatters by Empathia toll-free anytime. 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

Call collect to 262-574-2509 if outside of North America

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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