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

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