

# Why Practicing Self-Care is Important

## What is self-care and why is it important

Self-care is the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress. Taking breaks and caring for yourself helps restore energy, produces positive feelings and boosts your confidence. Practicing self-care reminds yourself and others that your needs are important too.

## Are you thinking self-care sounds indulgent and will use up time you don't have?

Don't, it's not! Self-care is an important part of your health and is crucial to your physical, emotional and mental well-being. It helps you recharge and be a better and happier you.

## Ready to start practicing self-care, but don't know how? Here are some ideas to get you started!

- *Go for a walk/hike*
- *Play with a dog*
- *Clean and reorganize your room*
- *Read a book*
- *Meditate or do deep breathing for five minutes*
- *Start a journal*
- *Do something that brings you joy*
- *Listen to your favorite playlist*
- *Call someone you love*
- *Have a hot cup of tea*
- *Binge watch your favorite Netflix show*
- *Do a digital detox*

Adapted from:

<https://www.forbes.com/sites/payout/2017/09/19/practicing-self-care-is-important-10-easy-habits-to-get-you-started/#14fef8d283a>

<http://init4thelongrun.com/2017/01/16/practice-self-care>