

ON SELF-CARE

In our world so driven by productivity and efficiency and performance, the art of self-care can and often does get lost to wayside. Our world tells us in so many ways to multi-task (despite research showing that most of us can't actually multi-task well), self-care promotes our slowing down and tending to our bodies, hearts, soul and spirit.

Perhaps you feel exhausted all the time and like you keep giving and giving but don't fill your own energy tank back up? Perhaps you just want to be taken care of and relax?

Well, love deep collective, you are your own best beloved so self-care starts and ends with YOU. You can learn to take care of yourself and fill your own cup so that you are giving from overflow and abundance rather than exhaustion and depletion. Fabulous self-care also models for those closest to you in your life how you like to be cared for. So it truly is a win-win.

Self-Care:

The act of engaging in activities to gain or maintain an optimal level of health particularly in times of stress.

A way to feed the very center of yourself.

Anything that we deliberately do (or refrain from doing) with our own well-being in mind.

“ If your compassion does not include yourself, it is incomplete ”

– JACK KORNFELD

BENEFITS

- Reduces stress (lord knows we can all use that these days)
- Improves immune function
- Increases happiness in life and love
- Makes us more productive (so your excuse that you are too busy or don't have time for self-care doesn't hold water)
- Minimizes resentments and bitterness (and these two things are toxic to your relationships)
- We live longer if we take better care of ourselves