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How can we make self-care more sustainable?

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Self-care is not selfish; it is a necessity. It is essential for our mental and emotional well-being. But it can be hard to find the time or energy to fit it into our busy lives. Here are a few tips on how to make self-care more sustainable:

Make a plan: Schedule time for yourself each week – even if it's just 10 or 15 minutes – and stick to it.

Be realistic: Don't expect to do everything all at once. Start small and work your way up, gradually. If you try to overhaul your entire lifestyle overnight, you're likely to burn out quickly.

Find what works for you: Explore different options and find what makes you feel relaxed and rejuvenated.

Take advantage of technology: There are now countless apps and websites that can help you integrate self-care into your life. From meditation to yoga, there's something for everyone. Make it a family affair:

Involving your partner, children, or friends in your self-care routine will make it more fun and will help create healthy habits for all.

Seek professional help : If you're struggling to make selfcare a part of your life, a therapist can provide support and guidance on how to make sustainable changes.