- Health self-care

SELF-CARE ESSENTIALS FOR THE BUSY WOMAN

Between juggling work, family, and personal commitments, prioritising self-care can feel like a luxury to most women these days.

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But the truth is, neglecting your own well-being can have a domino effect, impacting your energy, productivity, and overall happiness. So, let's move beyond the limited definition of self-care as solely face masks and bubble baths. Here's a toolkit for the busy woman to nurture herself, inside and out, in ways that are both efficient and effective.

Mindful mornings

Start your day with intention, not the snooze button. Mindful mornings are a great way to begin your day with intention.

Luckily, you won't need to wake up super early to do this. All you need to do is set your alarm 10 minutes earlier than you usually wake up. Use that short time for meditation, journaling, or deep breathing exercises.

As you get into a routine, you can try waking up earlier, and earlier.

This morning time sets the tone for a calmer, more focused day, allowing you to tackle challenges with greater clarity. Even better, you'll get a few minutes just to yourself before you need to focus on everyone else.

Movement for the mind and body

Yes, exercise is self-care, especially if you place your focus beyond just physical fitness. You don't need an expensive gym membership or an entire home gym set up to burn some calories. A walk or a few simple yoga stretches is all you need to start. And, as a bonus, these exercises are great for meditation or some time to yourself.

You can slot this time into your morning routine if you want. Or, you can incorporate them into your daily routine. If you have kids, you can go for a walk with them, or take them to a mommy and me pilates class. This allows you to practice some self-care, and spend some time with your children.

Prioritise sleep

A well-rested mind is a productive mind. Aim for 7-8 hours of sleep each night. Establish a relaxing bedtime routine, create a sleep-conducive environment, and power down electronics at least an hour before bed.

Embrace the power of "no"

Setting boundaries is essential for self-care. Learn to say no to requests that drain your energy or time, and don't feel guilty about prioritising your own needs.

Remember, a healthy "no" paves the way for a more fulfilling "yes" to yourself and the things that truly matter.

Disconnect to reconnect

Self-care means disconnecting you from your digital life through digital detox. But, you can take it slow and simply schedule dedicated no-phone time. This can help you recharge,

reduce stress and appreciate the world around you.

A great time to schedule not having your phone is during your exercise time, or your meditation periods. As you get better at spending time away from your phone, you can schedule full-blown digital detox days.

Schedule me time

It seems like everything we do needs to be slotted into the schedule of our lives – more so than ever. Self-care means setting aside some time for yourself (beyond the 10 minutes in the morning) for those traditional self-care practices.

Take this time to relax or partake in activities that can help you recharge. Whether it's going shopping or going for a massage.

Celebrate small victories

We often get caught up in the pursuit of big goals, neglecting to acknowledge the smaller achievements along the way. Take time to celebrate your daily wins, no matter how small they may seem. Recognising your progress, however incremental, helps maintain motivation and keeps you moving forward.

Practice gratitude

Cultivating an attitude of gratitude is a powerful tool for boosting happiness and reducing stress. Reflect on the positive aspects of your life, big or small, each day. This simple practice can shift your perspective and foster a sense of contentment.