

THE IMPORTANCE OF SELF CARE

Submitted by HOM of Well Being

Here at HOM of Well Being we believe in wellness and self-care. Self-care can involve many things that we can all do to some extent.

Presently, we find ourselves in unpredictable and trying times, and being able to cope depends on how well we are prepared mentally, physically, emotionally and spiritually.

Over the next several months, we will be writing about and sharing ideas that may help you with your self-care and overall wellness.

Why self-care and what does self-care mean?

Self-care is a practice that if woven into our daily living, will help carry us through life with more energy, motivation, resilience, peace, happiness and overall wellness.

Remember when flying and you were instructed during the safety presentation to always put your own oxygen mask on in the event of an emergency before trying to help someone else?

Of course in this situation without oxygen you could pass out or worse but the essential message applies to life in general because we are of little help to ourselves or others if we are not taking care of ourselves first. Our ability to help others becomes limited when we do not have enough to give.

Many people struggle with this notion; especially parents, because it can feel selfish and even irresponsible. This could not be further from the truth.

Self-care is not selfish, it is necessary for our well-being and having the capacity to do many of the things we want and need to do. It allows us to access our inner strength to not only cope but to thrive! It is our foundation, so we need it to be strong and resilient.

Parents in particular must practice self-care if they want to be effective parents. Self-care is like putting the right fuel in a vehicle; without it the vehicle won't run properly or at all.

Parents who practice self-care are also teaching their children a very important life lesson.

Teaching self-care to children by example promotes good health, good communication and encourages children to explore what they can do for themselves in order to stay balanced and better able to meet their own needs. It also makes them aware of the needs and challenges of others, thus instilling compassion.

Since self-care lowers stress levels, parents will likely be more patient and in turn will likely raise more patient people; people who are better equipped to deal with challenges in life.

Parents who practice mindful and regular self-care are sending the message that although we may want to be of service to others, it is necessary to care for ourselves first.

Without self-care we run the risk of becoming sick, depressed, anxious, and exhausted and unfulfilled so why wouldn't parents want to take care of themselves and teach their children how to do the same?

If we are not taught to take care of ourselves we can feel guilty about trying to do so. It may be

hard to set boundaries around our time and our energy. We can overextend ourselves and feel resentful or angry inside. We can end up running on empty and who does that serve?

Imagine a world that encourages us to put ourselves first as opposed to a world that expects us to always put ourselves last. Where is the quality of life in denying what we need to be able to reach maximum health and happiness for ourselves and in turn the collective?

Stay tuned each month for more writings on the topic and suggestions of ways to begin or expand your own meaningful self-care practices.