**Self-Caring**

We all need to take time out for ourselves. We need to invest in ourselves on a regular basis but why is it so hard to do that? The older we get the more we allow life and our experiences to rob of us the things that help keep us really fulfilled within. Self-care has become a popular buzz, pop psychology term, but what does it really mean and is it really that important for us. The answer in short is... yes and here is why! When we take time for ourselves, do things to pamper, rejuvenate and focus our energy on us it allows so much more love, freedom, and have the capacity to share all those positive emotions and energy with others. If we are always “pouring out” to others but never “refilling” ourselves we will burn the proverbial candle at both ends.

There are endless ways that we can practice self-care. You don’t have to be a spiritual person. It is amazing when we can go deeper and nourish ourselves on that level, but it isn’t mutually exclusive. So, where do you start…. Think about things you enjoyed doing as a child… what are the things that you really loved and couldn’t wait to do? Maybe you loved to read, sing, or paint. What things in your past have you done that incite those feelings? Things that make you feel alive, passionate or at peace. Those are wonderful ways to get the ball rolling. Even if it is one day a week, just like exercise and diet, start small and build. A lot of times we as adults feel guilt or shame about focusing on ourselves. We are conditioned to think that is selfish. When really being overly self-sacrificing isn’t the badge of honor we think it is. Below are some other ways you can begin to care for yourself. Take a look and try out the ones that interest you. You will be surprised the more you do things that you love for yourself the more grounded and positive you will become.

* **Alone Time**- taking time out to be alone and quiet yourself to bring yourself peace, focus and grounding
* **Working on a Gratitude List**- be sure to check out my Gratitude Journaling worksheet for more details
* **Positive Affirmations-** I have a worksheet on my site for explanations and examples. Check them out!
* **Rest-** We forget how essential this is to have not only productive days but to keep ourselves refreshed and renewed.
* **Deep Breathing-** Breathwork is amazing for grounding and resetting yourself.
* **Journaling-** I highly recommend journaling. You can do it for so many things like Gratitude, Dream journaling, Daily journals, etc.. Explore and find out what works for you.
* **Make a Vision Board-** These are great for manifesting and positive affirmation. Keep goals, dreams or things that are important to you in front of you all the time.
* **Burning Bowl, Sage or other rituals-** These are great to ground yourself and bring peace and new beginnings
* **Be Still/ Meditate/Ground Yourself-** Take time out to reset, ground or focus
* **Abundance planning-** There are numerous ways you can use this.. Financial, life, relationship or anything that you want abundance in.
* **Music-** Listen or create music that inspires you. Sing or go to karaoke. Find musical outlets that you are really drawn to.
* **Water-** Soak in a bath, take a shower, go swimming … anything that you can surround yourself with water. Water is cleansing.
* **Aromatherapy-** Surround yourself pleasing aromas. One of the best ways is to get a diffuser and find smells that are appealing to you and the energy or mood that you want around you. Do you want soothing, calming, invigorating, relaxing, the list is endless.
* **Clean your space**- A lot of times we don’t realize that the clutter around us effects our mood and our energy. You can also use this time to create a space for yourself and decorate with things that inspire you.. Vision boards, comfortable smells, lights, rugs. blankets, etc.. things that make that space a space you want to retreat to.
* **Take a walk**- This is good for you on so many levels but especially being in nature helps you reconnect with yourself, but also God/Spirit.
* **Read**- pick up something that you really feel drawn to.
* **Mani/Pedi/Salon Time/Massage-** pampering our body is always a good thing. When we feel beautiful our confidence grows and we glow!
* **Spend Time with Friends/Family-** Don’t forget that spending time and connecting with the ones you love can be very rejuvenating.
* **Making a meal or treat for yourself-** You can even order in from your favorite restaurant.
* **Beauty Rituals-** From bubble baths to painting your nails. What beauty rituals do you like to do?
* **Sports/Exercising-** Go out and do something active that you love
* **Plan a Vacation**- No matter if it’s a weekend trip or a full fledged holiday, plan out something/somewhere that you have really been wanting to go and do.
* **Watch a movie-** Grab your favorite snacks andput on your favorite movie or binge watch that show on Netflix you have been putting off.
* **Movement, Yoga or Dance-** How long has it been since you put on your favorite tunes and just danced it out in your living room? Or maybe you never have…DO IT! You’ll thank yourself for it later!
* **Spend time with Animals-** Go to the zoo, pet store, or just spend time cuddled up with your own fur babies. This has so many benefits even for your health.
* **Hobbies-** Things that you enjoy, especially creating with your hands… i.e. Crocheting, painting, pottery, knitting, woodwork, calligraphy, gardening, sewing, baking, metal work, to name a few.
* **Spirituality-** you can spend time clearing your energy field, sound healing, making an altar, connecting with crystals, energy/chakra work, etc… these are great ways to cleanse and heal as well as investing in the positive energy within. This makes all the difference in your perspective and how you relate to yourself, others and the world around you.