

How to take care of yourself in 12 ways in the multitude of everyday matters?

Taking care of yourself is not an easy task. Most of us are overworked, have a stressful job or are too preoccupied with technology (Internet, telephone) to take care of ourselves. Time for yourself is often at the end of our list. Sometimes we feel guilty about taking the time we could work for more enjoyable, relaxing things. Unfortunately, taking care of yourself is a necessity following the approach that prevention is easier than cure.

Why is taking care of yourself so important?

Self-care should be understood as a regular, deliberate process of dedicating yourself to protecting and maintaining your own mental health. It is important in the context of the mental health crisis in the 21st century announced by the World Health Organization and the increasingly common risk of burnout, which was entered on the list of diseases in 2019. In modern societies, pressures felt both at work and at home are increasing, leading to exhaustion, overstimulation, and feelings of anxiety.

Who has the most problems with taking care of themselves?

According to the American Psychological Association, we are often not aware that stress negatively affects our health until we get sick. In my professional practice, people who have difficulties taking care of themselves are workaholics and people fleeing to work to drown out other problems (e.g. family difficulties or failure to cope in other areas). It happens that people asked by me what they have done for themselves recently, answer that they have been working. Such people get rid of stress-protective factors themselves, which can improve their mood, and at the same time refresh their energy resources, reducing exhaustion.

The second group of people who have difficulty taking care of themselves are people with a negative attitude. Some people, instead of making a mental list of their strengths (virtues) and successes, carry a list of past failures and real or imaginary shortcomings with them all the time. Such people often put a lot of pressure on themselves by asking questions: "Why am I not perfect?" or "Why am I not an ideal worker?" All of this can make it difficult to take care of yourself, and at the same time generate a lot of stress on a daily basis.



How to take care of yourself to protect your mental health?

Here are some proven ways:

Remember to balance your life

Although the work-life balance concept has been around for several decades, we still have problems with implementing its ideals. Lack of rest, sooner or later, will take its toll, so let's learn to authentically use holidays, use mini-leaves (short several-day trips) and find something that will allow us to rest and

take a break from work every day. At this point, it is important to raise our awareness of the need to rest and to balance work, family, hobbies and other areas of life.



Practice deep breathing

When we are stressed, it is worth using the simplest approach - start breathing slowly and deeply. Many people, in times of stress, either hold their breath or, on the contrary, breathe quickly and shallowly. Slow and deep breaths help calm our stressed, panicking mind. We can combine the breathing exercise with visualization of imagining how stress and tension leave us with each exhalation. Many breathing tips can be found

in books on breathing or meditation techniques.