The Importance Of Self-Care

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What Is Self-Care?

Self-Care is the action to preserve or improve one’s health. This could mean taking charge in protecting one’s own happiness, well being, physical or mental health. Self-care doesn’t require a drastic change but only minor fixes that would eventually show positive impacts in every aspect of one’s daily routine. Doing something everyday to improve oneself will positively affect their mindset and the way they do things. Self-Care can help relieve stress, illnesses and increase one’s level of energy. This routine could be different for everybody, but it is all about finding what works best for oneself. Since COVID-19 hit the United States, everything shut down and everybody’s life changed in such a short amount of time. Nobody saw this coming, and with a change happening so unexpectedly fast, mental health issues have tremendously increased and in times like these, self-care should be highly prioritized. The article, How And Why To Practice Self-Care by Mental Health First Aid states, “The activities you chose to participate in for your self-care should help you achieve balance in different areas of your life to promote your overall wellness.” Statistics have shown that self-care helps to reduce anxiety, depression, and to improve physical and mental health. The truth is, everyone is capable of taking action to improve their own happiness and physical/mental health and this can begin with focusing on self-care. It is possible somebody may find themself or somebody else in need of support through upcoming troubling times and with further knowledge on self-care, this can help relieve that stress and get through it.
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Why Self-Care Is Important

Forming a self-care routine can make a huge impact in someone’s everyday life. Everyday life moves at a fast pace and oftentimes, it almost feels impossible trying to catch up. School, work, taking care of a home, kids, pets and other responsibilities can fill up an entire day. And all of a sudden, the day is over and now they have to prepare for the same thing the next day. This alone, can create a lot of built up stress, waiting to take complete control of one’s mindset and perspective. Setting time aside for oneself only can have positive effects on their everyday life. The article, *What Is Self-Care, and Why Is It So Important For Your Health*, by Moira Lawler, states, “Self-care is part of the answer to how everyone can all better cope with daily stressors, explains Kelsey Patel, a Los Angeles-based wellness expert. It’s work stress. It’s the stress of trying to keep up with the pace of daily life, which technology has hastened more than ever (just think how many emails come flooding into your inbox each day). ‘People are feeling lonelier and less able to unwind and slow down, which makes them feel more anxious and overwhelmed by even the simplest tasks,’ Patel says.” This means that daily tasks can become a burden on people when it starts to feel too much to handle. Some people often push the stress and issues aside until it eventually builds up and it’s too much all at once, which can cause anxiety and maybe depression. Making time everyday to focus on oneself and what your body needs will help make you feel rejuvenated and calm again. This will relieve the load of stress and anxiety someone could be feeling and better prepare them for what’s to come.
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How To Practice Self-Care

The purpose of self-care is to take time to make sure one’s physical and mental health needs are at a good place. The basic practices of these can consist of getting enough sleep at night, creating healthy eating habits and exercise. This will automatically make an improvement in motivation towards daily activities, such as focusing better, getting more done, staying on task which will lead to better results in every aspect of one’s life. The article, 5 Self-Care Practices for Every Area of Your Life by Elizabeth Scott states, “Physical self-care includes how you're fueling your body, how much sleep you're getting, how much physical activity you are doing, and how well you're caring for your physical needs. Attending healthcare appointments, taking medication as prescribed, and managing your health are all part of good physical self-care.” It is crucial to actively take care of one’s body. Everyone's mind and body correspond to each other and in order to feel and perform their best, it starts with taking care of their physical health. Paying attention to their mental health is just as important as their physical health. Scott states, “Mental self-care also involves doing things that help you stay mentally healthy. Practicing self-compassion and acceptance, for example, helps you maintain a healthier inner dialogue.” This means that the way some are fueling their mind will reflect on the way they feel about themself and self-acceptance. Reminding oneself of their worth and that they are good enough will eventually show in the way they carry themselves and act. Life will throw obstacles in everyone’s way and there will be many ups and downs but it is up to them to determine how they will come back from it. Finding worthiness and confidence within oneself and standing firm on that will make it very difficult for anything to knock that down.
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Self-Care Effects

This busy world everyone lives in requires so much of their attention that could take away from focusing on oneself. Oftentimes, these daily responsibilities become a bigger priority than making sure one is taking time for themself and their needs. Such as staying up late to finish up work, canceling plans because they have too much to do, etc. Knowing when and how to stop and take a break for one’s own well-being will greatly affect these stressors and anxiety someone could be feeling over something they place above oneself. The article, How Self-Care Affects Health by Community Access Network states, “Our bodies are not designed to go, go, go, which is why stress, anxiety, and depression have become so prevalent in our world. All three of these things, especially when combined, can spell bad news for your overall health in the long term, leading to chronic health conditions or the neglect of personal hygiene, activity, or nutrition. Our bodies need to be continually nourished in many ways, from physical activity to food to healthy thought processes, in order to work as they should. Neglecting to make time for these things that help us stay well can lead to challenging situations, especially for those who already struggle with chronic health conditions.” This shows that not taking time to focus on oneself can lead to many future challenges that will greatly affect their physical and mental health. Forming a self-care routine that works for oneself can make a huge difference in their everyday life and create many positive effects in every area of their life.
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**Self Care Tips**

Self care plays an important role in recovering from mental illnesses. Not only does it cure the absence of a mental state, but also physical health, wellbeing and the way others talk and act can improve by a self care routine. But what self care tips and tricks are most effective?

Self care begins with identifying where someone’s mental state and well being is. Are there any online self care assessments or questionnaires to take? How can a well being baseline be identified? Knowing which areas are in need of improvement makes it a lot easier to form a specific routine that will be most effective to them. A self care routine does not require an immense change to daily life and the way things are done. It is more about focusing on making slight changes that will correctly fuel a mind and body. The article, Caring for Your Mental Health, by National Institute of Mental Health talks about the things everyone faces on a regular day basis is sometimes taken advantage of when it is no longer a priority and will eventually affect one’s motivation and energy to get things done. Such as: getting regular exercise, eating healthy, regular meals, staying hydrated, making sleep a priority, setting goals and priorities, practicing gratitude, focusing on positivity and staying connected to loved ones. These basic listed activities will cause an increase of a constant positive mental state and physical well being.

Building a self care routine can oftentimes sound like too much or creating a drastic change in everyday life. But what people don't know is that it does not require anything expensive or materialistic items, instead, a slight change in prioritizing the things everybody faces daily.

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