SMG Health

Why Self-Care **Is Not Selfish?**

With our heavy burden loads of daily life and ever-increasing responsibilities, do we take the time to check in with ourselves and how we are really doing?

Self-care can be anything we choose to do that looks after our mind, body, and spirit. It is more than beneficial to our overall health.

Self-care is not a new phenomenon, but it tends to be overlooked and not embraced as considerably as much as it needs to be. People can view it as selfish or greedy, but it is neither of that.

In an era where our lives seem to pass us by ever so quickly, we often run on auto pilot and it can be our health and wellbeing that pays the price.

Developing your very own self-care plan will ensure you are able to restore your health, reset and function at your best.

The world really is your oyster when it comes to choosing what self-care ritual will suit you and everyone will have a different idea of what it means to them.
Here are some great ways to prioritise self-care:

Spiritual self-care:

- Meditation
- Breathing techniques
- Engage in a regular yoga practice
- Start a journal – write down your thoughts or what you are grateful for

Mental self-care:

- Take regular breaks
- Schedule in some you time often, at least once/day
- Remember it is OK to say no – set healthy boundaries with family, friends + colleagues
- Reach out if you need to talk to someone

Physical self-care:

- Go for a walk outdoors
- Partake in your favourite exercise regime regularly
- Get up a little earlier to go for a walk and see the sunrise
- Pre-work yoga session to energise and focus for the day
- Post work yoga session to relax, reflect and retreat
- Grab a massage
- Establish a healthy sleep routine
- Eat a healthy balanced diet

Workplace self-care:

- Set healthy boundaries
- Research areas of interest
- Study & further your knowledge

For more information contact SMG Health
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