What is true self-care?

True self-care goes beyond the occasional pedi, massage, or night out. True self-care is a daily habit, a deep sense of self-worth, and a necessity.

As women, and as moms especially, we tend to put everyone before ourselves. That’s what a good mom is, right? Someone who happily gives and gives, ensuring the well-being of her family. But what I’ve found is that we can’t truly give to others unless we have given to ourselves first.

My Favorite Books on Self-Care

- You Can Heal Your Life - Louise Hay
- Love Yourself, Heal Your Life Workbook
- Heal Your Body - Louise Hay
- Love Your Body - Louise Hay
- Goddesses Never Age - Christiane Northrup
- Love Yourself Like Your Life Depends On It - Kamal Ravikant
- The Gifts of Imperfection - Brene Brown

1. LOVE YOURSELF

Fully loving yourself will transform your life, & you will have so much more love to give to others.

2. MAKE TIME FOR YOU

Every day, set time aside to spend with yourself.

3. DO WHAT YOU LOVE

Part of self-care is doing things you love every day, even if they’re small.
My Nightly Self-Care Routine

Every night, I do some form of this without fail. This is just to give you an idea of a sample routine:

- Clear my space: declutter, throw trash away, put on soft lighting, and light a candle.

- (Currently): do a chapter out of the Heal Your Life workbook. Look over my planner, write down an intention & some to-do’s in order to help that intention along.

- Do something I love; usually this is writing, blogging, creating of some sort, etc.

- Do 20-30 minutes of yoga from this Youtube video playlist.

- Take a shower with low lighting, think about all the things I’m loving and am grateful for.

- Get in bed, turn off all lights except maybe a candle, and listen to a guided meditation/and or read from an inspirational book. Fall asleep happy!

“Love yourself not in some egocentric, self-serving sense but love yourself the way you would love your friend in the sense of taking care of yourself, nourishing yourself, trying to understand, comfort, and strengthen yourself.” - Frederick Buechner

True self-care comes from a deep love for one’s self, or alternatively, will bring it about. When you begin to love yourself, life changes before your very eyes.

I encourage you to fall in love with yourself, treat yourself like you would a dear friend, and remember that YOU are always listening to your thoughts, so make them loving. YOU MATTER.

SELF-CARE RESOURCES

Ideas:
Journal
Meditate
Read
Create something
Listen to music
Write new goals

Guided Meditations
6 Step Meditation Hack
The Joy of Motherhood
Bedtime Meditation
Healing Body Scan
Self-Care for Mothers

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