

Three Easy Steps to Self-Care

Self-care can be a touchy subject, partially because our society largely views self-care as overly indulgent. Establishing a good self-care routine may seem selfish and counterintuitive, but there is a simple truth contained in the order of helping yourself before you are able to help others. You cannot help others to the best of your ability if you are stuck fighting your own battles. If you are not your best self, how can you provide the best support to those around you? It is important not only to monitor your own well-being, but keep it well maintained so you can take care of yourself and others when your help is really needed.

In order to develop your own self-care routine, consider your physical, mental, emotional and spiritual components of your own life and evaluate them using the following 3 steps:

1. Discover when, where, why and how you feel deprived.

It's important to figure out where you feel deprived in your life. Ask yourself the following questions: where do I feel deprived? What do I need more of now? What do I want or what is causing me to feel resentful and why? List those out.

2. Create an “absolute *no* list.”

Knowing what you *don't* want to do is just as important as knowing what you do. This list represents the things that you refuse to tolerate in your life. The ultimate goal is to make you free to be your best self. Make a list of things you don't want to do or would like to give up in the future. Post your list in a visible place, and read through it every day.

3. Find your own rhythm and routine.

Routine isn't boring. Rather, routine gives our lives stability, security, safety and serenity and is rejuvenating. Think of uplifting routines like getting enough sleep, having a regular date night or a girls' or guys' day out. To develop your own rhythm and routine, ask yourself, “What one routine could I put into place this month that would improve my life the most?” Write it down and schedule it into your life for the next 30 days. After a week, do you feel more relaxed and healthier?

Don't forget to share your plan.

Sharing your plan with your support system will help you to fulfill your goals.

Self-care takes practice. At first it might seem awkward to say no to something or someone. At first, you might feel guilty for taking time for yourself. But with practice, it'll become more natural and automatic. And you will notice that you feel a whole lot more fulfilled.

Modified from: Cheryl Richardson @ PsychCentral.com



HOW TO USE YOUR EAP:

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