

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #28: TAKE FIVE MINUTES FOR YOURSELF



“Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.”

- Parker Palmer (author and activist)

We are in tough times right now and as always in tough times we may focus on helping others over ourselves. This is fine, in fact it's great. It's one of the reasons that humanity continues to thrive. But in the midst of all that, you may lose sight of yourself. Self care is an important part of mental health, it is the act of taking time for yourself so that you are refreshed and energized to continue serving others or achieving your goals. Sometimes it may feel selfish, like taking time for yourself means taking time away from others, especially if those others are your loved ones. But remember that self care ensures that you are mentally and physically able to help others for longer. Just like your physical health, your mental health requires continuous maintenance.

Practice Compassion Today:



1. THINK ABOUT SOMETHING OR THINGS THAT YOU ENJOY BUT HAVE NOT HAD THE TIME TO DO RECENTLY LIKE FINISHING A PUZZLE, PAINTING, READING, WATCHING A SPECIFIC SHOW OR JUST TAKING A NAP.
2. MAKE A LIST OF THESE ACTIVITIES.
3. SCHEDULE REGULAR DAILY OR WEEKLY BREAKS FOR YOURSELF, WHETHER THEY'RE FIVE MINUTES OR A FULL HOUR.
4. DURING YOUR SCHEDULED BREAKS START DOING THE ACTIVITIES THAT YOU'VE LISTED.
5. START RIGHT NOW, FIND TIME TO TAKE A BREAK TODAY, WRITE THAT LIST AND START TAKING TIME FOR YOURSELF.

Parent Practice Tip:

The art of knowing when and how to take a break is a great skill to pass down to your children. Think about helping them to create a break schedule as well and talking to them about the importance of taking time for self care.

To Learn More:

A Guide To Self Care
Self Care Tips

www.ChooseLoveToThrive.org