

# Read free Living the good long life a practical guide to caring for yourself and others martha stewart (2023)

self care which includes nutrition stress reduction and exercise helps keep a person happy healthy and resilient me time is usually last on the agenda for most people largely due to in simpler terms self care is all about caring for yourself as the name suggests to ensure your physical and emotional needs are met self care is important because it helps re establish balance and avoid burnout to regularly include in your life a little bit of love and attention for your own body mind and soul the following ideas are tiny self care activities you can fit into a short amount of time usually with little cost pick one from each category and include them in your life this week taking care of yourself means compassionately accepting yourself for who you are instead of burning yourself out trying to be everything to everyone all the time have you been neglecting your self care self care can help you live a happier and healthier life here re 30 self care habits that will give you a strong and healthy mind bod and spirit how to start a self care routine an expert weighs in on the best ways to start taking care of yourself you ve probably heard a lot of chatter over the past few years about self care and the importance of having a self care routine you can t fully show up for the people in your life until you know how to do the same for yourself in this episode we talk with rachel wilkerson miller author of the art of showing up about taking care of yourself is simply realizing that you re also important it means not to unnecessarily and constantly ignore your needs and the things that make you feel good it can be best described as helping others by helping yourself first so why is self care important it s critical to our mental health and emotional well being self care tips are effective tools that allow you to view problems as opportunities rather than obstacles this means you are better positioned to create breakthroughs in all areas of your life taking 20 minutes to practice self care makes you more productive and able to do everything else when you feel good in mind body and spirit you are a better caregiver here are 25 tips to help you truly practice self care let go of guilt join a caregiver support group stretch and breathe get some laughs talk to someone once a day get rest prioritize nutrition ask for help start a caringbridge site don t be afraid to say no ask for flexibility at work spend quality time with friends and family improving your relationship with yourself by maintaining your physical and mental health makes you more resilient helping you weather hard times and enjoy good ones here are some suggestions for personalizing your self care strategy 5 ways to care for yourself if you are a caregiver 1 self compassion is essential to self care being kind to yourself builds the foundation to self care caregiver stress tips for taking care of yourself caring for a loved one strains even the most resilient people if you re a caregiver take steps to preserve your own health and well being by mayo clinic staff raise your blood pressure make you feel nauseated lead to aches and pains how to deal with the stress of being a caregiver self care is important for everyone but it s especially critical for caregivers who don t always carve out the space to tend to their own needs the author offers four suggestions 1 start with self care we can t share with others a resource that we lack ourselves 2 ask for help when you need it if you don t ask for that mayo clinic minute how to self care at home when you have covid 19 deb balzer december 6 2022 if you have tested positive for covid 19 and are experiencing mild symptoms you can likely recover at home be sure to let your health care team know right away if you tested positive with an at home antigen test caring for yourself when caring for another self care isn t selfish español spanish you are a caregiver if you care for someone who needs help caregiving can be hard on you despite the great sense of reward you may feel to continue being a good caregiver you need to take care of yourself caring for yourself is not selfish in fact it s key in being able to better care for others on every flight the flight attendants make a point to say put on your oxygen mask before helping others that s because you can t help other people effectively without also taking care of yourself these tips can help you navigate caregiving and self care take time to plan taking time for planning can be an effective tool for reducing stress if you re taking on the role of the primary caregiver spend time reflecting on and planning for how caregiving affects your other roles for example

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