

Self Care: The Importance of Finding Your Self-Care Style

By Dr. Jasmine Willis-Wallace

Life is busy; many of us are living a life where we are balancing our jobs, family obligations, school and more. While we might recognize the importance of self-care in our lives, putting it into action can be difficult. How do we begin to rethink, reimagine, and reprioritize self-care, when we are so often thinking about the needs of others than the needs of ourselves? We have become so accustomed to this idea of busyness that we often forget to slow down and appreciate life.

We frequently hear the term “self-care,” but what does that mean? What does “self-care” look like and how do we put it into mindful and intentional practice? In this article, I will discuss the meaning of self-care, its importance, and types of self-care that will allow you to live a healthier lifestyle.

According to the World Health Organization (WHO), self-care is defined as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” ([Lawler, 2021](#)). Self-care is about practicing kindness to oneself in the same capacity one gives to others. It involves recognizing when your emotional, mental, and physical levels are running low and learning to pause and replenish these energies before burnout. ([Hurst, 2021](#)).

Self-care is about refilling your cup before your cup is empty.

With various self-care styles, the trick to implementing and maintaining these practices is finding those that you actively enjoy and fit into your life with relative ease. Also, a great tip for maintaining self-care practices is that they don’t require a lot of planning, allowing them to be stress-free and in the moment!

Sensory: Helping to calm your mind.

- Focusing on the movement of your own breathing
- Lying down and listening to music with your eyes closed
- Sitting in the heat of the afternoon sun, taking in brisk fall or winter air

Emotional: Making sure you are fully engaged with your emotions. Facing them head-on actually helps with stress.

- Keeping a daily journal
- Seeing a therapist
- Encouraging yourself to laugh

Spiritual: Getting in touch with your values and what really matters to you.

- Daily meditation or prayer
- Reading poetry
- Spending time in nature, or a special place that holds meaning for you
- Attending a service, whether it is religious or humanistic

Physical: Vital for your bodily well-being and to alleviate stress.

- Dance to your favorite songs
- Leave your desk and go for a walk throughout the workday
- Join a group fitness class or learn a new sport

Social: Socialization is beneficial to both mental and emotional health, but it can look different depending on a person's socialization style. While some people are extroverts, others prefer to spend more time with themselves. For others, it may be a mix of both!

- Reach out to someone you haven't seen in a while, whether it be digitally or in person
- Consider joining a group of people who share your interests
- Strike a conversation with someone you may not engage with often

Self-care practices allow us to refill our cups, be more productive, increase our self-knowledge, and boost our overall health. It's vital that we shift the notion that self-care is a passive afterthought in our lives and instead make it a priority that we practice frequently and intentionally.

For more information about self-care practices, please visit [What Is Self-Care & Why Is Caring About Yourself Important? \(thelawofattraction.com\)](http://thelawofattraction.com).