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Simple ways to practice emotional self-care

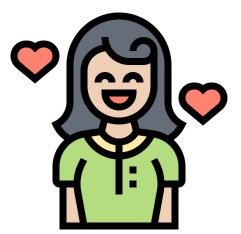


Emotional self-care is caring for your emotional needs by identifying and nurturing your feelings, your conscious inner state, and intellect. In today's fact-paced world, we often tend to neglect our emotional well-being. But it's important to listen to your heart, your emotions and thoughts, to have a dialogue with your feelings so that they aren't bogged down or brushed aside. Listening to your own ideas and thoughts allows you to be happy from within and you will find yourself prepared to get through any tough emotional situations.



1. PRIORITIZE YOURSELF AND YOUR HAPPINESS

It's easy to get overwhelmed by the hustle and bustle of everyday life. Often family, children, work and personal commitments take up so much of your time that you rarely find the mental bandwidth to think about your own emotions. Sometimes, it's important to be selfish and put yourself above others so that you can listen to yourself. Also, you cannot really offer others support if you cannot care your own emotions first. Your mental health is above everything else!



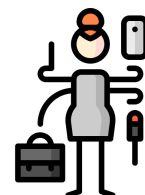
2. FIND A MEDIUM TO EXPRESS YOUR EMOTIONS

Finding a way to release the negative emotions inside you is the first step to dealing with emotional stress. Talking to a friend, maintaining a diary or a blog or simply having an internal monologue are all great ways of expressing those feelings building up within you. Another great way to practice emotional self-care is to let your your creativity run wild by indulging in a hobby. Art, craft, gardening, cooking, baking are all known to reduce stress, give you an emotional boost and help you express your feelings.



3. SET CLEAR BOUNDARIES

This one is especially for the ladies! Women often dream of having it all - a high-flying career, a family, vacations, hobbies etc. But this often leads to nothing but burnout. It's time to realize that you can't have it all while putting your mental health on the line. It's time to set clear boundaries about how much time you can allot to each aspect of your life. Think about what your schedule permits you to handle and say a NO to anything that brings you distress.



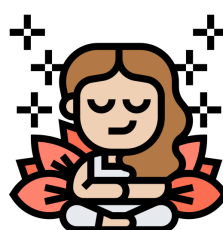
4. BUILD A SUPPORT SYSTEM

Humans are social animals and emotional care is unimaginable without the presence of people who surround us. Our friends, family and acquaintances lift and support us through the difficult times in life. To practice your emotional self care, build a support system of people who love, care and understand you and your feelings. Talking to them or being in their company will make you feel re-energized and clear your mind when you're going through a rough patch.



5. ACCEPT THAT PERFECTION IS IMPOSSIBLE

During your rock bottom phase, you might be tempted to blame yourself for everything that has gone wrong. But learn to let go of the past! Everyone makes mistakes and instead of beating yourself up over it, try to embrace your flaws and imperfections. A little bit of self-love will go a long way in practicing emotional self-care. It's important to understand that the constant pursuit of perfectionism will only bog you down further.



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