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# 5 Types of Self-Care

When you think of self-care, your mind typically jumps to things such as taking a bubble bath and making time for yourself. However, did you know there’s actually a lot of different types of self-care you can focus on?

If you really want to achieve the benefits of self-care, you’re going to need to ensure you’re utilizing the different types. The question is, what are the different types of self-care and what do they consist of?

Here, you’ll discover 5 types of self-care you’ll want to familiarize yourself with.

**1. Emotional**

Your emotional wellbeing has a huge impact on your happiness and quality of life. Therefore, if you want to improve your wellbeing, you’re going to want to focus on emotional self-care.

This type of self-care enables you to better deal with your emotions. You’ll be able to control the way you feel, rather than letting it control you. You’ll learn to become more aware of your emotions and express them in a healthier way.

Emotional self-care can include seeing a therapist, listening to music and keeping a journal.

**2. Physical**

In order to stay healthy, it’s important to look after the body’s physical needs. That is, making sure you get enough sleep, drinking plenty of water and exercising regularly. However, physical self-care is so much more than just healthy eating and staying active.

When you’re focusing on physical self-care, it includes ensuring you’re not adopting any unhealthy coping mechanisms such as binge eating or missing sleep to binge watch a series. It means taking time out when you’re sick and going to medical appointments whenever you need to.

**3. Spiritual**

Spiritual self-care is often associated with religion. However, it’s basically anything which nurtures the spirit.

This is just as important as your physical and emotional wellbeing. If you want to lead a truly healthy and happy life, you need to make sure your mind, body and spirit are equally taken care of.

Examples of spiritual self-care include surrounding yourself with nature, reading a great book, meditating and taking time out for personal reflection.

**4. Social**

Your relationships and social skills can play a large role in your happiness. We all need healthy, strong relationships to be truly happy. It’s also important to remember that the people we surround ourselves with make a big difference to how we feel about ourselves and how we act.

How is your social circle right now? Think about the type of people you prefer to be around. Consider your romantic relationship, or lack of, and how it can be improved.

Social self-care includes learning to say no if you need to, as well as making time to spend with family or taking that chance and going on a date. It focuses on strengthening your relationships and doing what you need to do in order to meet your individual social needs.

**5. Practical**

Another type of self-care you’ll want to focus on is practical self-care. This relates to the practical aspects of your life such as your finances, career and organizational skills.

By focusing on practical self-care, you’ll potentially avoid stressful situations in the future. Taking care of your finances for example, will greatly reduce your stress levels and ensure you’re well-equipped to handle any potential future cash flow challenges.

Some practical self-care tasks include creating a budget, taking a course to progress in your career and organizing your closet.

These are just five examples of the different types of self-care. If you’re committed to improving your quality of life and becoming happier, you’ll want to make sure you’re taking care of all of your needs.

However, with so many things to focus on, it’s easy to become overwhelmed. So, it’s a good idea to start by focusing on one or two self-care tasks until they become a regular habit. Then, you can move on to other tasks to gradually improve your life.

# Why You Need Self-Care

Self-care is frequently branded as an important element for your health and wellbeing. However, do you know exactly what benefits it provides?

There’s a lot more to self-care than you might realize and the benefits it can deliver are diverse. Here, I’ll reveal just some of the reasons why you need self-care in your life and the benefits it delivers.

**Improving your health**

When you practice self-care, it’s going to do wonders for your health. You’ll get to work on any health issues you’ve been experiencing and adopt the necessary steps to improve them.

As you improve your physical health, you’ll start to get fewer colds and sicknesses. Your immune system will become stronger as you’ll be activating your Parasympathetic Nervous System (PNS). This basically puts the body into a rest and rejuvenation mode, enabling it to recover from the hectic pace of our daily lives.

Adequate self-care will improve both your physical and mental health, while also giving those energy levels a much-needed boost.

**Increased productivity**

Do you struggle to be as productive as you should be? If so, self-care can help to increase productivity. You’ll start to learn to become more focused and concentrate better on the tasks at hand.

Self-care is also about learning to say no. This can really help to free up your schedule, leaving more time to focus on the things that really matter. You’ll learn to slow down and not over-exert yourself.

This increased productivity will positively impact both your professional life and your home life.

**Greater self-esteem**

In a world which constantly makes us feel that we’re not good enough, self-care can help to improve self-esteem. When you take care of yourself, it really boosts confidence and makes you feel much better about yourself.

Self-care forces you to make yourself a priority. You’ll develop a much healthier relationship with yourself, sending positive messages to your subconscious mind. If you tend to have a pattern of negative self-talk, self-care can help you to dismiss that critical voice and develop a more positive outlook.

**Stress reduction**

There’s no denying that life today can get pretty stressful. Whether it’s down to financial worries or you’re struggling to keep up with the hectic pace of life; stress has become a common symptom most of us have to live with. However, the right self-care can help you to drastically reduce the stress in your life.

Long-term stress can have a devastating impact on your health. It can interrupt your sleep, negatively impact the immune system and lead to mental health problems. So, reducing it is key to living a healthy and happy life.

Self-care enables you to take time out to recharge and de-stress. You’ll focus on activities which specifically aim to reduce stress levels, such as meditating, journaling and taking time to do whatever it is you enjoy.

**Healthier relationships**

Finally, another benefit of self-care is that it leads to healthier relationships. It allows you to assess your relationships and identify areas that need to be improved.

As you’ll be taking the time needed to look after yourself, you’ll also be in a much better position to give. You can’t be the best person for your loved ones if you’re running on empty.

You’ll be able to improve your romantic relationships, your relationship with your friends and your family relationships. You’ll also learn how to let negative people go from your life and surround yourself with people who uplift and inspire you.

These are just some of the reasons why self-care is important. It has the power to improve every aspect of your life. Without taking care of yourself, it’s impossible to live a healthy, happy life. So, if self-care isn’t a part of your daily routine, now’s definitely the time to change that.

# What Self-Care Is and Isn’t

Although self-care is a term branded around a lot these days, there’s still a surprising amount of confusion over what it actually involves.

Many people have a misguided view on what counts as self-care. The trouble is, if you focus on the wrong things, you’re not going to get the benefits it can deliver.

If you’re trying to take better care of yourself, it’s important to have a good understanding of what self-care involves. Here, you’ll discover what self-care is and perhaps more importantly, what it isn’t.

**What is self-care?**

The definition of self-care is any task which helps us to take care of ourselves. It can relate to emotional wellbeing, our relationships, our physical health or our mental health for example.

When you practice adequate self-care, every aspect of your life can be improved upon. However, while it’s a simple enough concept, it can be difficult to put into practice. It’s also easy to confuse what self-care is. Put simply, it’s treating yourself well and giving the body what it needs.

So, now you know what self-care is, let’s take a look at what it isn’t…

**What isn’t self-care?**

There’s a lot of misconceptions over what self-care is. A common mistake people make when they adopt a self-care routine, is indulging in something that’s bad for them.

For example, you may think self-care isn’t denying yourself the things you want. So, you might start to eat a little more chocolate or indulge in daily treats. While indulgence can be a great occasional self-care practice, on a daily basis it’s going to do more harm than good.

So, it’s about finding a balance and not over-indulging in anything just because you think you deserve it. You might want to live off a diet of chocolate and cake, but the body needs healthy nutrition to function properly.

Self-care also isn’t doing things you think you should do. It’s about making improvements for you, not your parents, partner or whatever the media tells you to do. It’s an individual practice that’s different for everyone. When you add self-care to your routine, it should be focused solely on your own desires for change.

**Following a basic checklist**

In order to ensure your self-care routine is effective, it’s a good idea to follow a basic checklist. Think about:

* What you want to improve
* Why you want to improve it
* The type of self-care you need most
* Creating a no list
* Starting out gradually

Figuring out what you want to improve first and why you want to improve it is a crucial step. Remember, self-care only works if you’re doing it for you and nobody else. This doesn’t mean it’s a selfish act, however. It simply means you care about yourself enough to put yourself first, so you can be more effective and useful to those around you.

Think about the type of self-care you need to focus on first. Physical and emotional self-care tend to be the most common types to start with. So, look at ensuring you’re getting enough sleep, eating healthy and exercising regularly.

Creating a “no” list can also help you to get started. This allows you to determine the things you don’t want to do or don’t like doing. It can include tasks such as not checking your phone right before bed or switching off from technology for an hour a day.

Finally, you’ll want to make sure you’re starting out gradually. It’s tempting to try and address everything with your new self-care routine. However, this can become overwhelming so it’s best to focus on one or two things at a time.

As you can see, self-care isn’t just about doing what you want. You need to focus on the things your mind and body needs. Knowing the difference between what self-care is and what it isn’t, will help you to establish the most effective routine.

# How to Start Self-Care

Now that you know what self-care is and the benefits it can deliver, you’re probably keen to get started. However, as self-care focuses on so many different things, it can be difficult actually knowing where to start.

Below, you’ll discover some of the best ways to start self-care and a few things you’ll want to avoid.

**Focus on the most important tasks first**

You’ll want to start off by ensuring you’re focusing on the most important self-care tasks first. That is, the area of your life which needs the most improvement.

For example, if it’s your health you’re trying to improve, think about the tasks that will help you tackle the issue. It could be that you’re constantly tired because you don’t get enough sleep. So, focusing on tasks which help to improve your sleep would be the first thing you’ll focus on.

You’ll often find that when you focus on the most important tasks first, it sets other improvements in motion. When you start getting sleep for example, it will boost your physical and mental health as well as boost your energy levels.

**Schedule self-care into your calendar**

If you find it difficult to find time to focus on self-care, start scheduling it in the calendar. Even just setting aside 15 minutes each day for self-care will deliver a lot of benefits.

When you schedule self-care into your schedule, you’re marking it as a priority. This is a key way to ensure your new self-care routine actually sticks. Treat your scheduled self-care time just as you would any appointment. Don’t cancel it and try and fit it into your regular routine, rather than trying to keep it separate.

**Keep it simple**

A great tip when starting out with self-care is to keep it simple. There might be lots of things you want to change but trying to focus on too many at the same time can actually cause you to give up on your routine.

While that initial motivation to get everything done is awesome, it’s not possible to maintain it. So, if you want to stick to your new routine, make sure you’re focusing on simple habits first.

**Consider taking a self-care trip**

As well as adding simple self-care tasks into your daily routine, it can be a great idea to find time to take an actual self-care trip. That is, a little break away to focus solely on self-care.

This could be a spa day, a day trip somewhere or even a camping trip. Just getting away from it all can help you to relax and rejuvenate. Short breaks away are an important part of self-care and they really don’t need to be costly.

**Get to know yourself**

If you want to get the best results form your self-care practice, you’re going to need to really know yourself. What do you want from life and who do you want to be? What kind of things do you like and what don’t you want from life? These are just some of the questions you should ask yourself.

The more you know yourself, the easier you’ll find it to practice self-care that really resonates with who you are and what you want.

**Things to avoid**

There are a few things you’ll want to avoid when getting started with self-care. These include:

* Over-compensating
* Over-indulging
* Eating for comfort
* Too many “you” days

It’s easy to go from one extreme to another when you’re starting with self-care. If you haven’t done anything for yourself for a while, it’s tempting to start over-compensating and over-indulging. However, this isn’t healthy, and it’ll only lead to frustration and unhealthy results.

As you can see, it’s easy to get started with self-care. The above are just some of the tips you can use to start making self-care a part of your normal routine.

# Self-Care for Beginners: Establishing Self-Care Routines

Now that you know the benefits of self-care and what it does and doesn’t involve, it’s time to learn how to actually create a routine.

Your self-care routine will be personal to you, focusing on your individual needs. There’s a lot of mistakes you can make when creating a self-care routine so it’s important to know how to put an effective one into place.

Here, you’ll discover how to establish a self-care routine that works for you.

**Start with a goal**

Like anything in life, self-care is most effective when you have a goal to work towards. Think about the main thing you want to achieve by adopting self-care into your routine.

Is it to eliminate stress and anxiety? Or, perhaps you’re looking to improve your gut health? Whatever it is, write down the things you want to achieve through self-care and then pick the most important one to focus on first.

It can also help to write down why that goal is important to you. This can help boost your motivation to achieve it. If you’re more of a visual person, you could even create a self-care vision board.

**Do things you actually enjoy**

When you’re creating a self-care task list, it’s important to add things in that you actually enjoy. It’s all well and good adding things like meditation and yoga. However, if you don’t enjoy these activities, you’re not going to keep it up.

Self-care is different for everyone. So, just because something is dubbed healthy, it doesn’t mean you should necessarily adopt it. You’ll want to find self-care tasks that are healthy, but which also focus on things you actually enjoy.

**Start with the very basics**

When you’re just getting started with self-care, you’ll want to stick to the basics. That is, the core principles of health such as sleep, diet and exercise.

Sleep is essential for our mind and body. If you’re not getting enough, it’s going to wreak havoc on your health. You’ll be more inclined to indulge in junk foods, you’ll feel constantly tired and it will weaken the immune system over time. So, by focusing on improving your sleep, you’ll automatically start to improve your overall health.

The same can be said for diet and exercise. In terms of your time, it’s important not to make drastic changes right away. This would make it more difficult to adjust to. So, instead focus on making small changes such as drinking more water and eating an extra piece of fruit each day.

Once you’ve mastered the basics, you can then move on to your more specific goals.

**Brainstorm your ideas**

Before getting started, it’s a good idea to brainstorm your ideas. Separate them into small tasks and larger ones. A smaller task could be taking a shower by yourself if you’re a new mom. Larger tasks could be getting away for a few days.

Once you have your goal in mind, you can brainstorm all of the tasks you can do to achieve that goal. By having a list to work with, you’ll also be able to refer to it when you need a little inspiration.

**Don’t be afraid to mix it up**

You’ll want to keep your self-care routine pretty flexible. If you try to follow a rigid schedule, it’s not going to work.

Also, there’s going to be days you don’t feel like doing a certain self-care task. On these days, you can refer to your brainstormed ideas and pick something different that will help you to achieve the same goal. By staying flexible and mixing it up when you need to, it will increase the chances you’ll stick to your self-care routine.

If you follow the tips and advice above, it’ll help you establish an effective self-care routine. It’s important not to overdo it and attempt to focus on too many things at the same time. Self-care takes time to build up as a habit. Like everything, the more you do it, the more ingrained it will become into your daily routine.