

6 SELFCARE TIPS FOR ADULTS

We all know we need to practice self-care before looking after others but developing such practices is not always easy. The more we can temper the pace of our lives and connect deeply to ourselves, the better our connection will be with our loved ones.

So, how can we help others when we find ourselves needing help too?

Increase your self-awareness

You need to learn to recognize when you're drained and need to step back. It's easy to acknowledge that we need to take care of ourselves to be effective, but it's not always easy to actually follow through with self-care. Building self-awareness so that we can notice the signs and signals of being beyond capacity before we get to the point of burnout is crucial.

Reconnect with your body

Use your inner wisdom as a guide. We often justify pushing ourselves, stretching our limits, and crossing our own boundaries to care for others. In reality, it is important to acknowledge that we're not always the best fit for a certain situation. Acknowledging and acting on what feels right and what doesn't is the best way to honor the people you love.

Know what is helpful

By raising your awareness and knowing yourselves, you can differentiate between what is helpful, and what is getting in the way of building more competence and confidence as a parent and caregiver.

Slow down

Sometimes, we are trying to do too many things and push our own agendas. The more we can temper the pace of your life and connect deeply to yourselves, the better our connection will be with our loved ones. You can do this by slowing your speech, breathing, and gestures. Allow for moments of silence.

Take time to manage your stressors

Whether this means taking a few days off or scheduling a few more breaks throughout your day, it's important to deal with what is causing you distress. If you are navigating an ongoing concern like grief or a difficult family dynamic, it is even more important to follow the steps mentioned above.

Seek support or counselling

Reaching out for the support of friends or family is very important. Further, counselling support can help you ease the stressors and reconnect to yourself. Learning how to navigate our role in a healthy and helpful way is a process. After all, we are human – we don't have to be perfect or have it all figured out.

