**Little Ways to Practice Self-Care**

It’s time to start loving yourself again. Many of us forget about the importance of self-care and its impact on our health. Self-care can help prevent burnout from work, help you manage stress, and boost your feelings of self-worth and confidence.

Practicing self-care is more than just “pampering” yourself. According to [*PsychCentral*](https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/), self-care is any activity you do deliberately to take care of your mental, emotional, and physical health. The goal is to improve your mood and increase your overall wellbeing. *PsychCentral* also notes that self-care is key when it comes to a good relationship with yourself and others.

If you want to start prioritizing your wellbeing, you can easily add in some simple behaviors to your busy schedule to enjoy the mental, emotional, and physical benefits of self-care. Along with eating well, exercising regularly, and getting enough sleep, you can try out some of the simple suggestions below to better practice self-care:

**Take note of compliments.** You probably get complimented more than you think. Many of us tend to only focus on negative comments – so we don’t always remember all the good things people have said about us. Make an effort to write down any and all compliments someone says about you. Look through the list when you are feeling down.

**Create a “no” list.** Learning to say “no” can be difficult – but it’s a crucial part of taking care of yourself. Write up a list of things to say “no” to. This could include any unnecessary, stressful responsibilities. For example, checking work emails over the weekend or going to every social event you get invited to.

**Use positive affirmations.** Create printable cards with your favorite [positive affirmations](https://liveboldandbloom.com/09/quotes/positive-affirmations). Keep them at your desk to look at whenever you need some motivation. Positive affirmations will help remind you of your worth and inspire you to practice self-care.

**Go offline.** Spend a day tech free! This means no social media, business calls over the weekend, or Netflix binges. While a day offline might sound boring or difficult, we promise you’ll feel less stressed and more focused on yourself.

**Pick up a new hobby.** Creative outlets are a great way to practice self-care. Pick up a [hobby](http://info.totalwellnesshealth.com/blog/11-healthy-hobbies-you-can-start-today) that interests you, and work on it during your free time. Spending your down time creating something will bring you much more satisfaction than spending the day watching TV will.

**Use your PTO.** Have some [unused PTO](http://info.totalwellnesshealth.com/blog/bid/353100/this-is-why-employees-shouldnt-waste-another-vaction-day-0) piling up? Take advantage of it! Using your PTO to take a break from the real world will help you de-stress, boost your happiness, and increase productivity when you return to the office. Plan a weekend getaway ASAP!

**Go outside.** Keep your mind happy by going outside regularly. Lack of sunlight can lead to a significant drop in serotonin (a hormone that affects your mood). Go for a walk during your lunch break or take your dog to the park after work.

**Call up the babysitter.** It’s not selfish to take a night for yourself and your spouse. Go for a fun [night out](http://info.totalwellnesshealth.com/blog/your-guide-to-a-healthy-night-out) without the kiddos once a month. Some adult alone time will help keep your emotional, social, and relationship wellbeing in check.

**Stay away from negativity.** Try your best to remove yourself from negative situations. Stay out of gossip with negative co-workers, end any toxic relationships, and unfollow negative friends on Facebook. Focus on surrounding yourself with positive people who encourage you and make you feel good about yourself.

**Reward yourself.** Treat yourself to a special reward after you’ve accomplished something or just need a pick-me-up. This could be a professional massage, splurging on your favorite dessert, or buying something small for yourself.

**De-stress.** Take the time to de-stress from the day. Meditate after work, read a book, [workout](http://info.totalwellnesshealth.com/blog/7-stress-relieving-exercises-for-an-instant-pick-me-up), get a massage, or pamper yourself with a [DIY wellness retreat](http://info.totalwellnesshealth.com/blog/create-your-very-own-wellness-retreat-without-having-to-leave-home).

Self-care is anything but selfish. In fact, you need to take care of yourself before you can take care of others! We know that busy schedules, family obligations, and [long hours at the office](http://info.totalwellnesshealth.com/blog/the-dangerous-link-between-overworked-employees-and-their-health) make it difficult to spend even a minute of the day focused on *you*. But we promise that once you get into the habit of prioritizing time for yourself, you’ll feel better physically, mentally, and emotionally.