



# Practicing Self-Care

## **Do you wish you could practice self-care but can't find the time to do it?**

Self-care does not have to take a lot of time. Sometimes we wait until we have a whole day off to practice self-care, but this not necessary. Finding short pockets of time throughout our day may be more effective.

## **What are some quick ways to practice self-care that doesn't cost a lot of money?**

Many times, people think that self-care involves spending money like getting a massage or going on vacation. There are many quick and affordable ways to practice self-care; walking, meditating, writing, or listening to music are just a few. These can take 5 minutes and are free. Think about something you enjoy doing that makes you excited and fills your heart with happiness, and then find a way to prioritize it.

## **How are self-care and social media connected?**

Taking time away from social media and from our phones can help us to be present, which is a way to take care of ourselves. Also, we underestimate the amount of time we spend using our phones, what if you use this time to take care of yourself instead?

**Remember that practicing self-care is something that nobody else can do for you. It is also a gift that you are giving your children because by watching you doing it, they learn that it is normal to take care of yourself, and they are more likely to do the same thing.**



For more information go to  
<https://selfhelpcpc.org/fromtheheart/>

