

# Making Self-Care a Priority in Your Everyday Life

*When you're busy taking care of others, finding the time to focus on your own needs sometimes takes a back seat. But as the saying goes, "you can't drive a car without gas in the tank" – and the same goes for self-care. To fuel the energy needed to be a caregiver, you have to take time to focus on yourself as well. Ignoring self-care can lead to bigger issues down the road, both physical and emotional – and working these habits into your day doesn't have to be a time-consuming commitment. Here are a few tips for making time for yourself today.*

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## **Breathe and meditate**

- Meditation doesn't need to be a 30 minute commitment with candles and pillows - simply take a few minutes to close your eyes, focus on your breath, and be still.

## **Read a book or publication you enjoy**

- It can be tempting to run full speed all day until we fall asleep. But by setting time aside to read something enjoyable, our minds can clear and there's time to enjoy the calm.

## **Get exercise**

- This doesn't have to involve going to a gym or even doing a structured workout - simply going for a walk or doing some self-led yoga for 15 minutes brings great benefits all day.

## **Seek support**

- Need feedback on a concern or just to vent to somebody? Find a person you can reach out to - whether it's a professional, a family member, a friend, or a member of the community.

## **Utilize available resources**

- There are a number of websites, books, apps, and companies dedicated to helping people take care of themselves at little or no cost. Research what is available and take advantage.



Questions? Call us! **651-642-1825**  
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