

# Self-Care Thoughts

Elemental Holistic Therapies, Body/Mind Healing, May 27, 2017

Self-Care is big these days. We are inundated with bytes of sales pitches through the Internet, Facebook and various types of advertising. Most of these pitches tell us that we can be better than we are *'by using these 5 easy steps!'*, or *'do this 1 thing and it will revolutionize your life!'* or *'start each day with a healthy new ritual'*. There is an underlying sense that if we don't practice these, we are failing at being a useful, functioning human.

In today's world, self-care encompasses exercise; a healthy diet; saying no; meditating; getting enough sleep; taking a bath; pampering yourself to a massage or a reflexology session; journaling; doing something creative with crayons or art . . . the list is endless.



There are definitely a lot of great ideas out there for self-care. Heck, I teach a number of self-care workshops myself. But so many times, these good ideas just don't seem to do the trick, and we begin to feel that we have, yet again, failed. Then we begin looking for the next new idea that is going to change our life.

As an instructor, I see people struggle with the concept of believing that they have to devote huge blocks of time in their busy lives, each and every day, to be successful at "self-care". Lol, I too struggle with this – we all do.

There seems to be a trend in our society where we are demanding instant results and instant fixes, with a refusal to do the work involved to gain those results. We try something for one or two days, or even a week, and it doesn't work, and so we move on to the next fix.

There will always be imbalances in different areas of our lives, physically, emotionally, spiritually, in our careers, financially, and more. It's part of the day-to-day ebb and flow of life. Some days we have the time, and the energy and the commitment to be mindful of our self-care. Many days we don't.

As I've gotten older, although maybe not any wiser, it has become easier for me to begin to add one, or two, or even three very small "self-care" ideas into my week. And it's very deliberate that I look at this on a weekly basis versus a daily basis, otherwise I am setting myself up to fail.

If I can't face the thought of taking the stairs at work for three days in a row, I am not a failure, I may simply be too tired. And that's okay. I will try again tomorrow. As those very small, one, two or three "self-care" ideas become more integrated in my day-to-day life, then maybe in a month or so, I'll add another one. Over time, and in little steps, these self-care changes become sustainable changes that we can build on. This is how we succeed.

**Alison Zeidler, RCRT, QPT/I, CEMT**