

SELF-CARE VERSUS SELF-SABOTAGE

It's impossible to talk about emotional well-being without talking about self-care. Self-care is important and essential, but just because something feels good doesn't mean it's helping. When caring for yourself is fueled by the desire for distraction or avoidance, you may escape through shopping or snacks, or think *I deserve it* to justify having a bottle of wine after a rough day. Real self-care is about rewarding habits that sustain instead of drain you.

- **PHYSICAL SELF-CARE:** Physical self-care can include exercise, eating well, hydrating, taking a sick day when you don't feel well, and getting enough sleep.
- **EMOTIONAL SELF-CARE:** Beyond identifying and accepting your feelings, emotional self-care also includes setting boundaries and saying no.
- **SPIRITUAL SELF-CARE:** This can mean religion, but it more broadly encompasses any ritual or practice that connects you to your higher self or the Universe, like meditation, time in nature, and journaling.
- **INTELLECTUAL SELF-CARE:** You can nourish your mind by choosing a documentary over a reality TV show or playing a board game with your partner at the end of a hard day instead of venting about work. Recently, one of my clients said to me that self-promotion at work is an act of self-care. I had to agree.
- **SOCIAL SELF-CARE:** Grabbing dinner with a friend, sending your mom a card, or getting support from an online community are all ways to build strong, respectful relationships.
- **SAFETY AND SECURITY SELF-CARE:** Taking care of your finances and planning your career path fall under this category.

The next time you feel stressed-out or overwhelmed, check in. Is the amount of time and energy you've given to each category of self-care well balanced? Self-care is fluid, so it may look different depending on the day, your mood, and circumstances. Sometimes it looks like taking a few hours off to let your brain rest. On other days, it's pushing through a slump to prove to yourself what you're capable of.