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## Why Self Care is Crucial to Personal Development

So many of us are looking to be our best selves, but struggle with the one thing which can help us achieve that goal.

Self-care is something a lot of people struggle with, yet it's crucial to personal development. Unless you take adequate care of yourself, you're not going to live your best life.



Here, we'll look at why self-care is important to personal development and the benefits it delivers.

### **What is self-care?**

The term "self-care" is branded around a lot, but what does it actually mean? The practice of self-care is basically anything you do that is good for you.

When you practice self-care, it enables you to recharge your batteries, as well as develop better mental and physical health. It's also great for those around you too as the more you take care of yourself, the more supportive and happier you'll be.

It's important to note here that not everything that does make you feel good is actually good for you. For example, alcohol may temporarily make you feel good after a long, stressful day.



However, it can actually be more self-destructive in the long term. So, understanding the difference between healthy self-care and potentially damaging self-care activities is important.

### **Why is it important to personal development?**

If you want to work on your personal development, self-care should be a priority. With personal development, the focus is on bettering yourself and becoming the best version of you that you can be. Without self-care, you can't possibly become the greatest version of yourself.

Taking care of yourself boosts your positivity. This in turn increases your happiness, motivation and productivity. It also gives you the opportunity to recharge your batteries. If you're constantly feeling run down, you're not going to be able to focus on your personal development.

## **The benefits self-care delivers**

There are so many benefits self-care delivers to your health and wellbeing. These include:

- You'll develop a healthier relationship with yourself
- Increased engagement levels
- Increased energy
- Fewer illnesses
- You'll become a better caregiver

When you practice self-care, you develop a much better relationship with yourself. Many of us struggle to really accept and love ourselves exactly as we are.



The trouble is, if you don't have a good relationship with yourself, it's going to impact the relationships you have, as well as impact your happiness. Self-care makes you realize you are important, and you deserve self-love.

Taking care of yourself also helps you to feel more connected to the world around you. You'll feel more engaged and you'll be able to take a step back to really enjoy the small things in life. When you're not taking care of yourself, you'll typically

find you're so busy you fail to appreciate the things around you.

Another awesome benefit of self-care is that it can also boost your energy levels. Taking time out to focus on your needs ensures you don't get too run down. You won't feel as stressed, which means you'll naturally feel more energized.

Adequate self-care also improves your physical health. You'll develop fewer illnesses because you won't be as run down. While it's not going to prevent you from getting sick completely, it will reduce your chances.



Finally, by taking care of yourself, you'll be in a much better mind frame to help those around you. You'll be a better partner, a better parent and a better friend to those you care about.

Self-care really does play a huge role in personal development. If you aren't taking care of yourself, you'll struggle to be the best version of you. The above are just some of the reasons self-care is important to your personal development and the benefits it can deliver.

## 5 Self Care Activities to Add to Your Routine

Want to make self-care a priority in your life but you're not sure where to start? There are lots of ways to ensure you're taking care of yourself in your daily routine. By adding just a few basic self-care activities into your day it will leave you feeling happier, stronger and healthier.

If you're ready to start putting yourself first and giving your mind and body what it needs, below you'll discover 5 self-care activities to add to your daily routine.

### 1. Meditate

Meditation has become really popular in recent years. While it's been around for centuries, it has only been the past few years where it has really taken off in the western world. It delivers so many incredible benefits, especially in terms of self-care.



The act of meditation forces the brain to let go of any negative thoughts. It allows you to focus solely on the moment and appreciate the beauty around you.

By adding meditation into your self-care routine, you'll start to notice a huge shift in your mindset. Even just a 10-minute meditation session can provide great benefits to the mind and body. You'll feel more energized, it will help you to sleep better and you'll feel a lot calmer overall.

If you're new to meditation, start by watching guided meditation videos on sites such as YouTube. Or, you'll find lots of great free meditation apps on your smartphone.

## **2. Journaling**

Journaling is another great self-care practice. It allows you to organize your thoughts, as well as get them out of your head. When you're going through times of stress, bottling up how you feel will simply leave you feeling even more stressed out. So, writing them down can help you to free the mind and identify how you can tackle any challenges you're currently facing.



Alternatively, you can start a gratitude journal which forces the mind to focus on the positives. It is thought that just 21 days of writing down the positive things you're thankful for

will leave you feeling much more positive and happier.

### **3. Yoga**

Exercise in general is great to add to your self-care routine. However, yoga is especially effective as it works to calm the mind as well as benefit the body.

You'll learn how to breathe deeply which in itself is a very calming practice. As well as reducing stress and aiding in weight management, yoga boosts flexibility, improves your posture and helps you to get in touch with your true self.

### **4. Focus on sleep**

One of the simplest yet often challenging forms of self-care is to ensure you're getting enough sleep. This will have a major impact on your health and wellbeing. These [sleeping apps](#) will help you do just that.

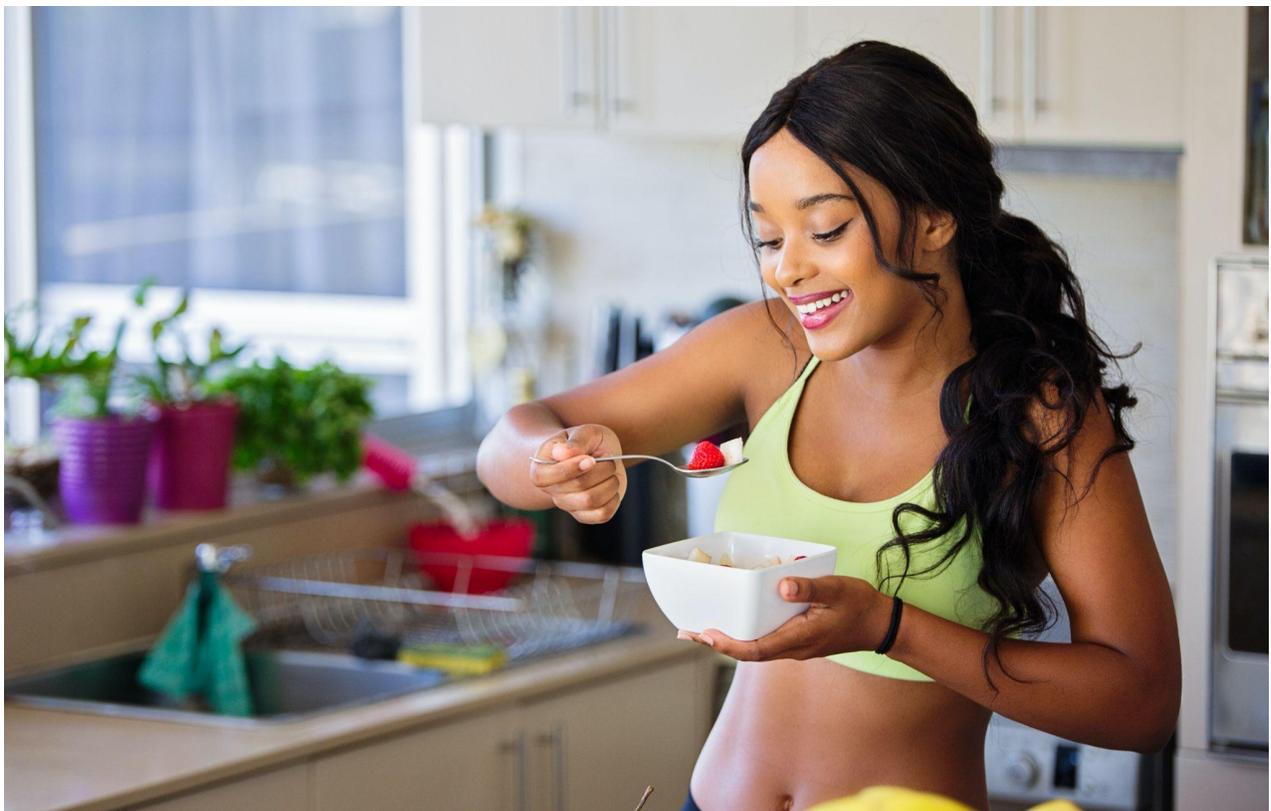


Getting plenty of sleep recharges the brain, keeps the skin healthy and reduces stress. Those who don't get enough sleep often find they are constantly fatigued, stressed out and they tend to have an unhealthy diet.

So, begin by setting yourself a strict bedtime schedule. Go to bed at the same time every night and wake up at the same time every morning. Create the perfect sleep environment, adding a relaxing scent to the room and ensuring you fully relax before getting into bed.

## **5. Eat a healthy diet**

Eating a healthy diet is also paramount to self-care. While the odd treat is perfectly fine, indulging too much in unhealthy foods is going to leave you feeling tired, bloated and generally unwell.



Adding healthy foods into your diet and avoiding anything processed will give you a lot more energy, help with weight management and you'll look and feel so much healthier.

There are a lot of self-care activities you can add into your daily routine, but the above are some of the easiest to start with. Remember, the key is to add one activity at a time, so you don't become overwhelmed.

## **Be Sure to Avoid These Top Self Care Mistakes**

Introducing self-care into your routine isn't always easy. This is because establishing what is and what isn't self-care can be challenging.

Some things which seem like they're self-care activities can actually prove to be more harmful to your health and wellbeing.

There are a lot of mistakes you can make when trying to add self-care into your routine. Here, you'll discover some of the most common mistakes you'll want to avoid.

### **Overdoing Retail Therapy**

One step to taking care of yourself is ensuring you look and feel good. Treating yourself every now and again is crucial in terms of practicing self-care. However, it's easy to take retail therapy a little too far.



While you do want to allow yourself the odd treat, it's important not to throw caution to the wind and max out your credit cards. This isn't going to help in your long-term

happiness. In fact, it's going to leave you feeling stressed, guilty and land you in real financial difficulties.

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So, limit your spending and allow yourself one treat a month. Self-care is all about finding the perfect balance between treating yourself and maintaining your responsibilities.

### **Trying too much too soon**

When you're first starting out with self-care, it's easy to try and focus on too much too soon. For example, you may want or need to change numerous aspects of your life. Your initial motivation to make positive changes in your life can tempt you to take on too many activities.

The trouble with trying too much too soon, is that you'll struggle to maintain it. It can become overwhelming if you try and start with too many daily activities. So, it's best to stick to choosing just one self-care activity at a time. Once you've mastered that, you can move on to the next activity.

### **Overindulging in treats**

Similar to overdoing it with retail therapy, you'll also want to avoid overindulging in treats. Don't use food as a reward for your self-care routine. This will only leave you feeling bad, and potentially contribute to weight gain.



So, allow yourself the odd treat, but resolve to eat a healthy balanced diet the majority of the time.

### **Relying upon alcohol to unwind**

There's just something about relaxing with a glass of wine in the evenings that can be hard to resist. It helps you to unwind, forget about your troubles and gives you that warm, fuzzy feeling. However, relying upon alcohol to help you relax is a bad idea.



Drinking in the evenings can contribute towards poor sleep. It can also leave you feeling groggy the next day. While a little alcohol each week is perfectly fine for your health, it's important to limit your consumption and not rely on it to unwind.

### **Not being consistent**

One of the most common mistakes you can make with your self-care routine is not keeping it consistent.

When you're first starting to introduce self-care into your routine, it's easy to keep it up for a few days. However, then

life happens and all of a sudden, you've skipped a day, and then another. Before you know it, you've stopped your self-care routine completely.

Self-care does require a level of dedication. You need to commit to practicing it every single day. There are so many different self-care activities you can do, so finding some that fit in with your lifestyle should be easy.

These are some of the most common self-care mistakes you can fall into. Ensuring you don't overindulge in any self-care activity is one of the most important tips you can follow. It's important to ensure that your self-care routine doesn't interfere with your daily responsibilities.

## **Setting Yourself Self-Care Challenges**

Are you struggling to introduce self-care into your routine? When you're a beginner to self-care, it can be difficult forcing yourself to take the time out to focus on you.

There are a lot of reasons to put off self-care, including lack of time or an uncertainty of where to start. It could be that you've attempted to add self-care into your routine, but you've fallen into the many mistakes you can make.

Whatever the reason, if you are struggling to incorporate self care into your routine, it could be a great idea to set yourself challenges.

There are a lot of self-care challenges you can partake in to get started. Below, you'll discover some of the best self-care challenges you might want to consider.

### **The technology detox challenge**

Most of us could do with a technology detox. As beneficial as it is in our daily lives, technology such as social media and smartphones can become quite addictive. If you find yourself spending a lot of time on social media channels, you might want to consider taking a little break.



Set yourself a challenge to reduce your technology usage. It could be you start by limiting your use of technology by one hour each day. Or, you may like to set a challenge where you don't use social media for one week. Think about the type of technology you spend too much time using, then establish ways to cut back on your usage for a set period of time.

You'll be surprised how much better you feel after a mini break away from technology.

### **Increased hydration challenge**

Drinking plenty of water is crucial to your health. You're going to need to stay hydrated if you want to look and feel your best. However, studies have shown that despite knowing how important it is, most people don't get the level of hydration they need each day.



A great self-care challenge is to ensure you're drinking enough water. If you currently drink no water at all, start by drinking just one glass a day. Then, increase it to two over a period of time, and so on. This gets you into the habit of drinking more water each day and will greatly benefit your health.

### **Journaling challenges**

Journaling challenges can be super-fun as well as beneficial to your self-care routine. Getting into the habit of journaling however can be really difficult.

Set yourself a challenge to start journaling either early in the morning or right before you go to bed. Don't give yourself any other rules. Just write whatever comes into your head if you're using a thoughts and feelings journal. If you're starting a gratitude journal, write down at least three things you are grateful for each day.

### **Meditation challenge**

There's no denying meditation is one of the most effective self

care activities you can do. However, it's also one of the most difficult to get started with.

It's usually the thought of meditation which puts you off giving it a go. So, by setting yourself a meditation challenge, it's going to help you get into the routine of adding it to your daily life.



Start by setting a 5-minute meditation goal each day. Then, increase it to 10 minutes, then 15 minutes and so on.

### **Read before bed challenge**

If you struggle to unwind before bed, reading is a great activity to try. It helps to relax the mind, preparing it for sleep. Set a challenge to read every night before bed. You can begin with 15 minutes, then build up to half an hour if you need to.



As you can see, there are a lot of self-care challenges you can set yourself. It's important to remember to keep your challenges realistic. Start them gradually, otherwise there's a high chance you'll give up if they are proving to be too demanding and difficult to keep up with.

## **6 Awesome Self-Care Tips You Absolutely Need to Follow**

When you're practicing the art of self-care, you're sure to hit a few obstacles along the way. Whether it's you're struggling to find the time to focus on self-care, or whether you struggle to maintain your self-care practice, there are lots of things that could be holding you back.

The good news is, whatever issue you come across in your journey to self-care, there are ways around it. Here, you'll discover 6 awesome self-care tips you absolutely need to follow to make the practice easier.

### **1. Incorporate self-care into your morning routine**

Once your day has gotten started, it's a lot more difficult to focus on self-care. Trying to fit it into your daily activities isn't always easy. For this reason, it's best to incorporate self-care into your morning routine.



Getting up a little earlier if you need to, begin taking steps to look after you in the mornings. This could be taking the time to relax by reading a book or working out first thing in the morning. Whatever it is, doing it when you wake is one of the easiest ways to incorporate self-care into your daily life.

## **2. Learn when to say no**

Did you know that a large part of self-care is knowing when to say no? Some people find it much easier than others to say no to things. Perhaps you're being asked to help a friend a little more than you're comfortable with? Learning to say no is difficult, but it is essential for your wellbeing.

You'll soon discover that nothing bad comes from saying no from time to time. In fact, it helps to build up boundaries, showing people how they can treat you. By saying no to anything that you aren't comfortable with, it establishes healthy boundaries and shows you care and respect yourself.

## **3. Don't forget to reward yourself**

We've already talked about the importance of not overindulging in self-care. However, it's also important to make sure you're rewarding yourself.



As you begin to keep up your self-care activities, reward yourself with something that's going to make you feel good. It could be a new outfit, a day trip somewhere or something that contributes to your self-care routine such as a new book, a day at the Spa or even your own pampering session at home in a bubble bath.

By rewarding yourself regularly, it's going to help you maintain your motivation and keep you focused on maintaining your self care routine.

#### **4. Take advantage of automated technology**

One thing that's going to help make your self-care journey easier is automated technology. For example, you can invest in automated vacuum cleaners which help to tidy the home for you. This frees up your time on chores, allowing you more time to relax.

Any type of automated technology that can make your life easier is worth investing in.

### **5. Make time to spend with family and friends**

While you do want to spend a lot more time focusing on yourself, it's important not to forget about your friends and family. Spending time with loved ones helps to make you happier, while also strengthening the bond between you.



So, ensure you maintain a good balance between looking after you and spending time with friends and family.

### **6. Ensure you set realistic goals**

The final tip you'll absolutely want to follow, is to ensure you're setting realistic goals. When adding self-care activities into your daily routine, you need to do it gradually. This is what helps you to build up the habit.

So, work out whether the goals you have set are achievable. If not, break them down a little until you're comfortable you'll easily be able to follow them.



So, there you have it - 6 awesome self-care tips you absolutely need to follow. Practicing self-care is crucial for personal development and it really does deliver so many awesome benefits. It may take a while to get used to taking better care of yourself, but once it becomes a part of your daily routine you won't look back.

All you need to hop on the Self Care Journey is up on my blog [Kinging Queen](#). Head over for more resources on Self Care and Personal Development.