The Importance of Self Care

Let's make 2020 the year of putting our Mental Health first. It's time to look after ourselves and put our mental state above anyting else.

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Since this year started, I have seen many influencers and celebrities, as well family and friends, who have decided to make this year the year that they finally put their mental health first and honestly, it's about time.

Making our mental health a priority has been a long time coming and it is so important that we all start doing so. Learning to love yourself is extremely vital for your progress in this world, you need to listen to your own needs, and fulfil those BEFORE listening to everyone else's. We can only control what is ours (emotions, feelings, interests) and everyone else has control over what is theirs. Yes, we may have influence over others but that doesn't mean we can control them.

This year we all need to learn to control our own emotions and focus on what is important for ourselves a hell of a lot more.

Self-care doesn't need to be extravagant or expensive, it can be as simple as reading a book, having a catch-up with friends or taking a shower. It's all about finding something that you enjoy and that makes you feel better.

Just because your self-care doesn't look the same as someone else's, it doesn't mean that it isn't as important or as valid as theirs.

My self-care routine involves a weekly yoga practice, making spaghetti bolognese and ensuring my hair is freshly washed. It may sound silly, but having clean hair after a particularly bad day really helps to improve my mood… and who's honestly going to complain about you washing your hair more regularly?

Finding something, no matter how big or small, that makes your mood improve dramatically is so important – maybe make that your new year's resolution if you haven't found one yet.

It's okay if you need to take things a little slower than the rest of us some days, we all have days like that. Just because some days you feel like you have conquered the world, it doesn't mean that every day has to be like that.

Celebrate the small victories as well as the much bigger ones. No achievement is too small to be proud of and we all need to remember that. Sometimes just getting of bed in the morning is a good enough achievement, so let's not make ourselves feel bad if that's all we manage one day.

Life isn't always meant to be lived at such a fast pace, sometimes we need to slow down to truly appreciate everything that is around us.

With the way society works nowadays, it can be difficult to slow down but learning to do what your body needs is now more important than ever. We all must learn how to step away from a particularly stressful situation or environment, take a few deep breaths, and reground ourselves.

Despite our environments being most typically stressful, it's important to know when to stop stressing and take a few moments to calm yourself down. Maybe start by giving yourself 2 evenings off a week and gradually build it up from there. Learning to love your own company is an important step

in self-care because once you start to love yourself you will gain the confidence to step out into unknown environments knowing that you're putting your best self forward.

This year I am going to be acknowledging everything that helps to make me feel happy, no matter how big or small they may be.

Towards the end of 2019 I learnt how important it was to look after my mental health and started to put steps in place to ensure that I continued to be kind to myself throughout 2020.

This year is all about self-love and putting yourself first.

You don't need to be worried about being selfish because it's perfectly okay to be a little selfish every now and then. Let's make 2020 the best year possible by looking after our mental health and also looking out for the people around us.

We all have bad days and it's important that we all look out for one another. If we're going to get through this year, we're going to need plenty of positivity and plenty of support for ourselves and each other.