

# Self-care

*“You must put your oxygen mask on first before you can put it on anyone else.”*

I feel as though life has progressively gotten busier and more intense as the years go on. As a wife, working mother of two pre-teen boys, and a student, life has a way of overwhelming me. Things sneak up on me and rolling with life when it does not go my way is not something I am good at. Most days my cup is empty leaving me with nothing to give. Hobbies that I once loved become chores that I must do. Without self-care I am a shell of the person I once was, exhausted and overwhelmed. Learning to practice self-care has become a very important part of my life.

Self-care has become a buzz word used by companies, therapist, wellness groups, etc. Make sure you are “practicing self-care.” If you are like me, you may not have truly understood what self-care was. In a society that praises working 50+ hour weeks, balancing at least 5 plates, who has time for “selfcare.” The pandemic has exasperated the need for self-care making it difficult to turn off the conversations and effects of it in our home at times.

## *What is self-care...*

1. Taking action to improve your own health. Even baby steps are actions in the right direction.
2. Asking for what you need, setting boundaries, and learning to say NO.
3. Should be enjoyable or relaxing. This might take practice and be hard at first - learn to be mindful and be in the moment.
4. Requires you to make yourself a priority without judgment or guilt.

By embracing self-care, I have learned to set boundaries, ask for what I need, find joy in the simple things, and allow myself to rest and restore.

Happy Mental Health Month!



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