



Self-Care and the Importance of Taking Time for Yourself

When you're an adult with major responsibilities, you tend to let your most important one go: *you*. Unfortunately, it is very easy to lose sight of this undeniable fact, and many professionals tend to let their self-care go to the wayside so that they can take care of business.

Sadly, not taking care of your own needs can put your mental and physical health in a bad position. Failure to eat right, for example, can lead not only weight gain but to things like diabetes, migraine headaches, and unshakable lethargy. Not exercising? You could be putting yourself at risk of [many issues](#). If you already have respiratory health concerns, [such as COPD](#), sitting stagnant for hours on end can make it hard to handle even routine tasks.

Self-Care on a Tight Schedule

Just because you need to care for yourself doesn't mean you have extra hours in the day to do so. But there are things you can do even in the midst of the chaos that is your life.

Here are some tips.

Get Active

You may not have the time or energy to hit the gym every day, but physical activity is a [crucial component](#) of self-care you should strive to work into your schedule. The good news is that you can squeeze in exercise throughout the day in ways that won't interfere with your hectic schedule but will make a big difference in how you feel. For example, you can dedicate 10 minutes of your lunch break to climbing the stairs in your office building, do jumping jacks during commercial breaks when you're watching TV, and aim to hit a step count each day. A fitness tracker is a great tool for helping you stay accountable and on track, and each model offers its own unique perks. The Apple Watch Series 6, for example, counts your steps and [measures](#) your heart rate, while the Fitbit Charge 4 [tracks](#) your daily calorie burn and reminds you to move throughout the day.

Schedule Sleep

You probably make sure your kids are in bed early every night because you know they need their rest to function in school; you, on the other hand, probably stay up until midnight or beyond. However, the unquestionable truth is that sleep is critical. According to the National Sleep Foundation, this is the only time during your 24 hours that your brain can [make sense of everything](#) that's been thrown at it that day. By most estimates, you should shoot for at least eight hours, although many adults can get by with seven and still meet their slumber needs. If you are worried about losing time catching up on emails or finishing projects, just remember that you are going to be more effective, efficient, and productive if you are well-rested.

Stop When You Shouldn't Go Any Further

If you find yourself stuck between a rock and hard place regularly, you are probably a [chronic over-extender](#). Often, we act as unintentional "yes men." We agree to take on extra projects at work, help out at the school play, and sit in on meetings in other departments. We do this because we don't want to be looked at as a Negative Nancy, but saying "yes" to everyone else means that you have to say no to yourself and, more importantly, to the [people you love](#). While you should never shuck your obligations, not everything is your responsibility. It is perfectly okay to deny requests so that you can spend some time alone or with your [friends and family](#).

Self-care looks different for different people. These are just a few ideas to help you be a better version of yourself even when you are pressed for time. Remember, you only have this one life, so don't waste it. Treat yourself to things that make you feel like the person you want to be. You can't slow down the clock, but you can replace the things you don't need with those you do.

When you're grieving the loss of a loved one, practicing self-care is even more important. However, having the energy or motivation to take care of yourself when you're mourning doesn't always come easily. [Survivor Resources](#) is here to help. We provide immediate and long-term grief support for those who have lost a friend or family member to homicide, suicide, or accidental death. If you're struggling with self-care after losing a loved one, please [contact](#) our team in St. Paul or Minneapolis.

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