

My current routine for

SELF-CARE

Intent and Purpose: To help you understand your current self-care routine.

Audre Lorde said "Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare". While most of us realise the importance of self-care, we might end up beating ourselves without taking sufficient breaks. Consciously building your self-care routine is a much required step to prevent stress and burnout.

Looking at your present routine, what are some things that you already do for self-care? You could try sorting them under heart, mind, body, and soul.



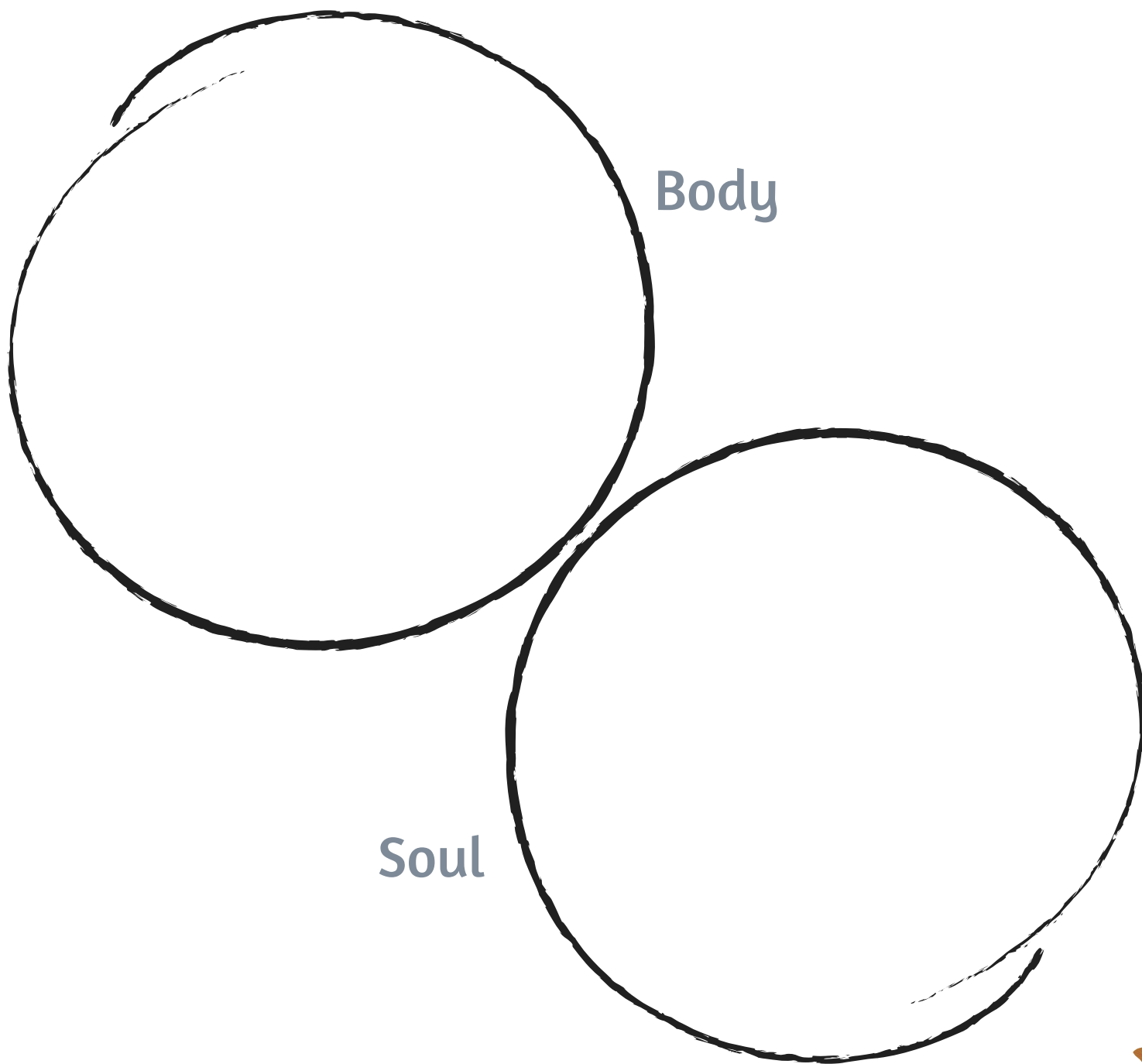
Head



Mind

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While going over your current routine, you could also spell out pros and cons of the practices. This way you will be able to assess them and consider what you would want to take up, keeping in mind your needs. For example, some practices could have a calming effect on you, while others are uplifting. On the other hand, some practices could be time-consuming, heavy on the pocket or even unsafe or detrimental to your health. Knowing the effects could help you see which practices to go for based on your needs.

