

Self-care made simple

Novant Health Employer Solutions

July is international self-care month. What does self-care look like for you?

Whether it's treating yourself to a gourmet iced coffee, or a day outside enjoying nature (not doing lawn work), self-care is doing something to make you feel happy, energized and grateful. We all find peace in a variety of environments.

Self-care is often marketed with visuals of grand escapes to help you break away from the demands of everyday life, all of which are certainly wonderful. Who wouldn't want to go to a spa for a week? If you are able to do so without causing additional stress of the financial investment, keep up the good work. In the spirit of self-care month, what could you do today to bring you to peace and a feeling of self-love with little expense?

SELF-CARE BASICS:

Keep it short, if necessary: Strive for 30 minutes. It's shocking how quickly 30 minutes passes while scrolling through mindless reels. Can you prioritize yourself enough to take 30 minutes for self-care?

Go on a gentle walk: Do it not to earn your steps, but to simply walk and notice something new. Take a moment to listen to your surroundings, whether it's birds chirping, children playing or traffic moving by. What a gift to be able to move!

Take a warm, relaxing bath: Soothe your body in bubbles or aromatic bath salts. Soaking does wonders for your body and well-being, so make the time to relax.

Grab your favorite book or magazine: Enjoy a few moments escaping into another world. Let this stimulate your imagination, whether it's a magazine describing creative ways to decorate your house or a novel filled with endless love and resilience.

Set aside a mealtime: You can cook or go out for a nutritious meal. If you cook, gather or choose as many fresh ingredients as possible and enjoy the process of cleaning vegetables, slicing, simmering or whatever the recipe calls for but enjoy the finished product, the fruits of your labor. If dining out, take 30 minutes to taste your food and enjoy the process of nourishing your body with wholesome ingredients.

Having a hard time choosing meaningful self-care practices? Take some time and go through old pictures. What do the pictures make you feel? What memory makes you feel at peace and "fills your tank" with love? Let that emotion gently direct you.

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