

Self-Love: Practice Self Care

When we practice self-care, we can potentially increase our self-esteem and boost our self-confidence. Simple things like eating healthier, repeating positive quotes and allotting time for relaxation can help us in that direction. Remind yourself that you are a unique individual and wonderfully complete, with or without a partner. Say positive thoughts and believe them. Forgive yourself when you make mistakes.

We also practice self-love when we take control of our own lives. It is, after all, your life. Schedule “me time” into your day. Take a short stroll through your neighborhood and get some fresh air. Take time out for a healthy snack and prepare healthy meals for yourself. Organize your environment. Learn how to say “no” if you already have too much on your plate.

Practice Mindfulness and healthy sleep routines. Sleep is so important to our physical and emotional wellbeing. Getting a good night’s sleep allows your body to be better prepared for whatever comes next and allows you to think differently and react to situations in a well thought out manner. Studies have shown that chronic lack of sleep or poor-quality sleep can increase one’s risk of disorders like hypertension, obesity, cardiovascular disease and depression (National Institute of Neurological Disorders and Stroke, 2019). Remind yourself that you deserve to sleep and allow yourself to forget your cares and reset yourself for another day.

When we fly we are reminded to put our oxygen masks on first before putting them on the person for whom we’re responsible. It holds true in life—we must take care of ourselves so we can better care for someone else.

Check out “Inspirational Self-Care Quotes To Lift Your Spirits: Positive Messages To Keep Your Mind in Check” (Phillips, 2020) (<https://www.countryliving.com/life/inspirational-stories/g32772382/self-care-quotes/>)

Visit the Healthy Nurse Healthy New Jersey web page and commit to taking care of yourself by taking the Health Nurse Pledge at <https://njsna.org/healthy-nurse/#healthynursebag> and looking through some of our self-care articles in our Healthy Nurse Bag.

Happy Valentine’s Day

Linda Corigliano, RN and the Healthy Nurse, Healthy New Jersey Team

References:

National Institute of Neurological Disorders and Stroke (2019, August). *Brain Basics: Understanding Sleep*. National Institute of Health.

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Understanding-Sleep#4>

Phillips, K. (2020 June, 7) *Inspirational Self-Care Quotes To Lift Your Spirits: Positive Messages To Keep Your Mind in Check* Country Living. <https://www.countryliving.com/life/inspirational-stories/g32772382/self-care-quotes/>