

Poorvanshi Alag, M.D.

What are the different kinds of self-care?

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So there are several kinds of self-care, including the physical self-care, which includes nutrition, sleep and exercise. There's mental self-care, and as emotional self-care or spiritual self-care, and as social self-care.

Why is it important that we practice self-care?

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Self-care is really important in terms of physical self-care, which includes nutrition, exercise, and sleep, it really helps with mental clarity and focus. Self-Care also helps in reduction with stress and anxiety. Now, for the ones who practice self-care consistently, it does provide with long term health benefits, including mental and emotional. One thing, which is really important is that we probably don't realize is that self-care, helps in strengthening self-esteem, and also helps in building resilience. So when people have setbacks or challenges in life, they're able to work on them effectively. So in a nutshell, what I want to say is, even though people believe that self-care is selfish, it is really important to prioritize self-care. And I also want to mention that self-care is very important in maintaining healthy and fulfilling life.

How do we practice self-care?

1:29

So in terms of that, it's really important that we first go ahead and identify the physical, the mental, and the emotional things that really make us feel like we rejuvenate, would relax, and help us in reduction of our stress. Once you go ahead and kind of understand all of that it's important to create a self-care plan. Once you have a plan, one must understand that you need to dedicate a specific time to self-care. You can't just do this randomly, every single day you need to dedicate even if it is 10 minutes of your day or five minutes, you need to make sure it's a dedicated time. Be mindful, right you can be doing it and not be present. Self-care means being self-aware, being compassionate about it and being present 100% of what you're doing. And last but not the least is prioritize your sleep. Sleeping well is a very important part of your self-care. And once you sleep, well, all of this will automatically function go really well for you.

How do we stay on track?

2:36

In terms of tracking self-care, how do you think we can do that? Having partners, accountability partners who can help you with that, having great support system, and people who you think can play really positive things in your life in terms of asking you to do self-care or who practice self-care themselves. Setting reminders for yourself is really important as well. Setting some realistic goals is very important, right? You can't set up unrealistic goals and expect those to be fulfilled because then that's going to be more stressful and that's going to be very pressurizing on you yourself. And, of course, remember to always reflect on the benefits over and over again, right if you talk about the positives. If you talk about how it is helping you, you're probably going to stay on track. And the most important thing is celebrate your achievements,

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even if it is small. Make sure you celebrate that the more you celebrate your small achievements, the more you want to be a part of part of doing things which involve self-care.