



Fact Sheet

Self-care vital to women's health

It's been said, "If you want something done right, ask a woman." Women are fixers. Helpers. Doers. But sometimes we get so busy caring for others, we forget to take care of ourselves. We can get burned out, unhappy, resentful, even depressed. We don't have the focus and energy we need to make good decisions.

Women need to take time for self-care. Time to nurture ourselves emotionally, physically, spiritually, and mentally. Time to identify our own needs and then take actions to meet them. This isn't selfish. It is preventative. It is empowering. It is necessary! Doing just a few of the following things for yourself regularly will revitalize you and re-energize you to continue providing for others.

Spend time alone – Allow the rest of the world to keep spinning without you. Rest. Refuel. Sit quietly and watch the sun come up or go down. Read a good book. Sip tea. Take a bubble bath. Breathe.

Adjust your schedule – Schedule self-care time into your daily routine first. When your own needs are met, then allow time for others. It is okay to say "no". There is freedom in simplifying your life.

Take care of yourself – Physical self-care includes eating a variety of healthy foods, getting plenty of sleep, and staying physically active. Mental self-care means communicating well with others, clearly expressing your needs, values and boundaries. It means treating yourself with respect and compassion, focusing on the positive, and setting realistic expectations. Nobody can really be superwoman!

When you take time for self-care, you revitalize your spirit and become a better listener. You re-energize yourself to care more compassionately for others. You set a positive example for your children. Taking time for self-care every day is one of the most important things you can do for yourself, and for the people you love.

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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