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We all know that self-care, in all its forms, is important for wellbeing but what do you do when self-care feels difficult or youre struggling with self-care?Conversations about self-care can feel alienating if youre struggling, especially if you have a mental health problem or mental illness that impacts your ability to engage with it.Weve put together six tips to help when self-care feels difficult.Know youre not aloneFirstly, if self-care feels difficult for you, you should know that youre not the only person with this experience. You dont have to feel guilty or ashamed and it does not mean that any mental health difficulties youre experiencing are your fault.If youre struggling with depression or low self-esteem, struggling with self-care can lead to even more difficult thoughts, especially if you feel frustrated with how youre coping, or feel you cant open up to anyone about how difficult things are.But you are not alone. Lots of people who are having a stressful time with their mental health find self-care difficult this article exists because its common.With time, support, and some of the tips in this article, things can and will get easier. And in the meantime, be as kind to yourself as you can. It can sound a bit clichd, but try to speak to yourself like youd speak to a friend with understanding and compassion for the fact that youre finding things hard right now, and gentle encouragement to take care of yourself as well as you can.Think about asking for helpIt can be difficult to open up when self-care feels difficult, especially if youre worried about other peoples reactions. If youre struggling with self-care, you dont have to tell everyone the specifics but think about whether there are people you feel comfortable asking to support you.Its up to you who you talk toit might be a parent or carer or someone supportive at school, college, university, or work. Some people find it helpful to talk through or practise the conversation by texting anonymously with our NATTER service, or with the team at Kooth.If youre not sure what to say, you could read about how to start a conversation about mental health or check out Doc Ready, an online tool you can use to build a checklist to talk about mental health (regardless of whether youre speaking to a doctor or someone else).Adjust your expectationsIf youre struggling with self-care, overwhelming ideas of what self-care is can make it harder to engage and make you feel worse about yourself and how youre coping!Sometimes, its helpful to adjust your expectations and start small. A long, mindful walk in nature might not be realistic if youre experiencing depression, but maybe you could get up, open the curtains, and open a window to let some fresh air in. A luxurious bath might not feel very realistic but brushing your teeth, or putting on a clean pair of pyjamas, is a really good step in terms of taking care of yourself.When self-care feels difficult, it can be easy to get stuck in a place where you cant try anything, because everything feels too much (and, sometimes, because youre worried youll fail). So lower the stakes and give yourself opportunities to try small, manageable self-care actions.Break things down When self-care feels difficult, everyday tasks can feel overwhelming. Some people find it helpful to break tasks down into their individual components no matter how small.Brushing your teeth, for example, becomes: get up from my bed or sofa, go to the bathroom, wet my toothbrush and so on. Some people find that breaking tasks down like this means they feel less overwhelmed.Think about ways you can make these sorts of self-care tasks more accessible for yourself, too. Keeping brushing your teeth as an example, would it help to keep a toothbrush and toothpaste by every sink, so you have visual cues to remind you and you can do it wherever you are in your home? Would it help to allow yourself to sit down on the toilet lid or even the floor? Could you commit to telling a friend once youve brushed your teeth, or listen to a specific piece of music or short video to motivate you and help you keep track of time?Prioritise one thing at a timeIf youve been struggling with self-care for a while, it might be that things have built up if your room is a mess, youre hungry, in need of a shower, and overwhelmed by unread messages or emails, its understandable that it might feel easier to ignore everything because its just too much.Often, its about taking a first step towards things getting better. It often doesnt matter too much where you start it might be grabbing a snack, washing your face, or taking dirty dishes to the kitchen. The important thing is that even one small action can help build momentum to help you do more and even if it doesnt on this occasion, youll be better off having done the small act of self-care anyway.Some people find it helpful to write down everything they could do, to help them choose where to start, while others might ask a friend to choose for them or even use an online tool like a spinning wheel to pick. Weve made a self-care spinning wheel to get you started, which you can customise to include the things that are helpful for you.Use digital tools to help One digital tool designed to help with low mood and depression (and the impact they have on self-care) is a free app called Move Mood. Its based on behavioural activation therapy, which encourages and supports people to do things that might boost their mood when theyre struggling.The app helps you break tasks down into small steps, and figure out whether theyre routine, necessary, or enjoyable tasks. You can start small and build up a routine and the app helps you to track how different actions affect your mood and wellbeing.Some apps have journalling functions, and other apps have mood trackers, which you might also find helpful when self-care feels difficult.If you need more support with managing self-care and mental health, you can look at our digital mental health support page or find out how to get support in north-west London. Confession time. It wasnt too long ago that I wasnt just bad at taking care of myselfI was failing spectacularly at it. If you dont know my story, a few years ago I was burned out, miserable, and trapped in a high-stress careerone that I was put on stress leave from when the overwhelm became so bad that I was having panic attacks. It wasnt until one of my first therapy sessions where my therapist asked what I had been doing to take care of myselfand I couldnt come up with a single examplethat I realized something desperately needed to change in my life.In this post we will go over 10 reasons why you could be bad at taking care of yourself and what you can do to fix it.It wasnt until recently that true self-care started to get taught in schools, but even currently it isnt a part of every school curriculum out there.Sure, some of us are taught about how to maintain or improve our physical health. Things like eating healthier and exercising are taught to us when we are in elementary school now, but there are so many more areas of self-care than just taking care of our bodies that are never brought up.Without the knowledge that we should be doing these things, it makes it hard for people to change.Once we finally learn that there are all these things we should be doing to take better care of ourselves, it can be confusing to know where to go from there or where to start. Luckily, since the pandemic, the topic of self-care has become more popular and there are more resources and tools than ever out there.(Including this one!)If you have ever truly experienced burnout, or are currently on your way to burnout, you know how impossible it can be to get any task at all done, let alone the thought of also doing any self-care activities. When you are in survival mode the only thing that matters is getting from one moment to the nextand you need to know that is okay.It is totally understandable why taking care of yourself may get neglected and end up at the bottom of your list of priorities, but it cant stay there forever. It is very important to get out of survival mode, and back to an okay place where you can start taking better care of yourselfbecause you matter!This post is about to be jam-packed full of honesty.Self-love is something that a lot of us struggle with, especially in this age of social media and celebrity, when everyone is busy comparing themselves to the best (filtered and heavily edited) photographs of other people. That unrealistic comparison can be enough to give even the strongest peopleself-esteem issues if they arent careful. But when you strengthen the love you have for yourself, it becomes more difficult to shake it. However, again this isnt something that is taught to most peoplehow to really love yourself. If you dont love yourself why would taking care of yourself e a priority for you?There are still people out there with the old-school mentality that self-care and self-love are selfish. When you dont truly understand what either of those terms mean, it can be easy to assume that they mean caring only about yourself and no one else. We are taught that not putting other people before ourselves is selfish and rude.However, in order to truly care for others in the way that they deserve we need to care for ourselves first. Those of us that have heard of self-care may not truly understand what it means. A lot of the suggestions, resources and tools I see talk a lot about yoga, meditation and hiking, and while those are all valid self-care activities and they can be great for peoplethey might not be right for everyone.Talking about needing to take long hikes daily in nature to someone who lives in a busy city isnt going to be the best fit. And yoga and meditation are definitely not everyones cup of tea. But self-care is about finding the right activities that work for younot trying to force yourself to do the activities.Spoiler alertself-care isnt a quick fix for all your problems. Sometimes we can try an activity thinking it is going to instantly going to make us feel 100% better and fix all of lifes problems. And unfortunately, that is realistic. Self-care is like medicineit will take some time and practice for the cure to start to work its magic.When you arent used to doing something, and you already dont have a lot of energy because of stress, or maybe because you arent taking the best care of yourself, it can be easy to procrastinate and say you will do it when you feel like it, or have more energy.But what if that burst of energy doesnt come? Are you willing to go the rest of your life waiting for things to change, or are you ready to make them happen? If you find you are waiting for the right timeit isnt going to come. You just have to close your eyes and jump in with both feet. While they can be similar, they are not the same. Self-indulgence is doing something for instant gratification without thinking about anything or anyone else, usually something that is not good for us. Self care is doing something because it meets our needs and will help us. It will have a positive, lasting effect on us.[Check out our post on self care vs self indulgence for more on this topic]So now you know some reasons that you might be bad at taking care of yourself, but is there something you can do to fix it? When you find out the most you can about an important topic like self-care, it makes it easier to make the best decisions for you. Finding out what exactly it is, what your own unique needs are, getting to know yourself better, and compiling lists of all the different activities you could start including in your regular routines will help.When you start trying some of the things you havent been doing, but might actually find new things that you really enjoy and that are great additions to your life. Maybe you dont love hiking, but a local spin class turns out to be right up your alley. Saying daily affirmations might make you cringe, but journaling could be just your thing. When we are too afraid to try newthings, or too stuck in our old ways, we never know what we could be missing out on.There are hundreds if not thousands of ways we could take better care of ourselves. All of it can get extremely overwhelming if we let it.Starting small will help so we dont start to stress ourselves out and then just stop trying because we instantly burn ourselves out on self-care.Our environments influence us more than we might think they do. When we surround ourselves with negative energy and people that maybe are pessimistic and close-minded, we can start absorbing that ourselves, whether we mean to or not. But when we surround ourselves with positivity and motivation, we start to take that on as well. Putting up positive quotes, thinking more positively, or following more positive social media accounts and blogs (just like ours) can all vastly improve your life if you let it. It will also make it easier for you to take better care of yourself.If you are one of those people that is already super busy, it can be easy to say you are so busy taking care of everyone else that you dont have time to take care of yourself. As harsh and blunt as this might sound (and coming from someone who was in those exact shoes) you need to make the time. If you dont take care of yourself you will be no good to anyone in your life. They need you to take the best care of yourself so that you dont get burned out and so you are around for as long as possible. By ensuring you have some self-care activities booked in that busy schedule, it can help you make the time and make those things a priority.It can be hard to take care of yourself, but it doesnt have to be.Most of us have no problem splurging on new clothes, the latest cellphone, or the newest skincare products, but struggle when it comes to investing in the most important thing there isourselves. As someone who has always put others first, this is something I have always had trouble with. I very rarely spend money on [] 8 Ways To Invest In Yourself Plus Why Its Important Read More For many of us, our bedroom is the most private and intimate space in our homes. However, not all of us use the space to its fullest potential and treat it like the potential self-care resource that it can be. It is a good thing that there are some simple things we can do to How To Turn Your Bedroom Into A Self-Care Sanctuary Read More A vision board, which is also sometimes called a dream board, is a way to pull your goals and dreams out of your head and make them tangible. That can seem like a lot of pressure, which is why some people struggle withexactly what they should put on their vision board. That is why I 155 Great Vision Board Ideas To Inspire You Read More If you are interested in self-care and wellness and are on Tiktok, you have probably noticed at least one Sunday reset video. You know, those videos of girls with minimalistic or clean girl aesthetic making their beds, doing their laundry, tidying their already clean houses, and restocking for their week ahead. But does a Sunday Sunday Reset Routine: What It Is And Why You Should Try It Read More Today is Blue Mondaywhich is known to many as the most depressing day of the year. It falls on the third Monday in January every year, and it is considered the saddest day of the year because of the combination of an after-Christmas lull, bad weather, empty wallets, and struggles with New Years resolutions. So 16 Simple Winter Goals To Help You Thrive This Season Read More There have been multiple times in my life where I have felt like my life sucks. Sometimes things just dont go right, and before I learned to love and value myself, I struggled with this a lot. I had done all the things in life that I thought I was supposed to do. I pursued My Life Sucks: 11 Simple Questions To Ask Yourself Read More Did you know there are multiple types of self care? When I first started my own self-love journey, I knew the first thing I needed to focus on was self-care. I had not been taking care of myself for years, and my physical and mental health had drastically suffered because of it. Back then I The 8 Types of Self Care And Why Theyre All Important Read More Are you struggling to find anything positive in your life right now? If this is the case, there is a good chance you are surrounded by negative energy. Negative energy acts like a vacuum, sucking the hope, joy, fun, and lightheartedness from everything it can. If you arent careful, it can be difficult to figure 133 Negative Energy Quotes To Help You Stay Positive Read More Have you ever heardsomeone say you cant pour from an empty cup? Are you confused about what that means or why people say it? It has nothing to do with being a glass-half-full or half-empty kind of person instead, it has everything to do with self-care. I tried to continue to pour from an 7 Reasons Why You Cant Pour From An Empty Cup Read More Millennials are a unique generation. Coming from a fellow millennial, growing up in the eighties and nineties seemed like a fever dream. We grew up at the beginning of the technology boom, when social media didnt exist, and computers were just becoming a household thing. Most of us didnt own a cell phone until we 5 Reasons Why Millennials Are Burned Out Read More No matter how positive you try to be, sometimes life can get dark. As someone who is very happy these days, I still have my hard days and moments just like anyone else. There are times when life throws so much at you, that it can feel like you are drowning and you dont know What Is A Things That I Like List (And Why You Need One) Read More My therapist had brought up the term thought work many times before I finally had the courage (and space) to ask her what it meant. Once I decided to dive deeper into the subject and do my own research, my entire mindset began to shift for the better. Thats why today I decided to share 7 Reasons Why Thought Work Will Change Your Life Read More If I could have one wish for the world, it wouldnt be world peace. It would be that every child could have a loving, nurturing, and safe childhood. I feel that if every child could have a healthy childhood, the world would be a better place and it would get rid of 99.9% of the [] 113 Relatable Toxic Narcissistic Mother Quotes Read More Something that can always seem to put a smile on my face or cheer me up when I have been struggling is memes. I love to search for them. I love to see them as I am scrolling down my timeline on social media. And I love to send them to friends and family that 22 Funny ADHD Memes To Make You Laugh Read More Spoiler alert- sometimes life sucks! Sometimes it doesnt matter how positive you are, how many wonderful things you have to be grateful for, and how many good people you have around you. Life sometimes still finds a way to suck. Maybe you are just having a week or month where everything seems to be going 100 Life Sucks Quotes (And What You Should Do If Its True) Read More I ended up working in the health and wellness field for many years before I ever received my ADHD diagnosis. However, several of us that worked closely together ended up realizing we were neurodivergent around the same short period of time. That situation made me wonder what types of jobs out there are better suited 7 Types Of ADHD Jobs To Avoid In 2023 Read More When we dont practice thinking with intention, thinking becomes something passive that happens to us, and not something that we are actively participating in. When you have ADHD like I do, having all of the thoughts all at once can make it extra difficult to focus your thoughts and make them work for you, instead Why Mindfulness Could Be The Key To Improving Your ADHD Read More If you havent had experience with someone who has been diagnosed with ADHD before, it can be difficult to know what to expect. While ADHD has been gaining popularity over the last few years, there is still so much that people dont know about it. I myself have been diagnosed with ADHD, and I am How To Tell If Someone With ADHD Likes You (4 New Examples) Read More High-functioning anxiety isnt something that I realized that I struggled with until I reached early adulthood. Looking back now, I can see signs of it since I was very young, but because I was high-functioning it made it much harder for myself and the people around me to recognize it for what it was. When 7 Signs Of High-Functioning Anxiety And How To Recognize It Read More A symptom of ADHD that Ive always struggled with, but didnt realize it was a problem for me until after I was formally diagnosed with ADHD is time blindness. Surprisingly, I have never had a problem with punctuality and am usually early. In fact, I am rarely ever late for anything and am often left 4 Amazing ADHD Timers To Skyrocket Your Productivity Read More Have you ever had an unhealthy or even toxic behavior that you wanted to get rid of or stop doing? Maybe you have realized that your actions and the way you react to certain situations arent healthy or have the potential, or are currently, hurting the people around you. Behavior chain analysis is a process What Is DBT Behavior Chain Analysis? (7 Important Steps) Read More Most people consume some type of caffeine every day. From coffee, to tea, to soda, to energy drinks, the most popular beverages that people consume contain varying amounts of caffeine in them. So it isnt surprising that most people with ADHD also routinely consume something with caffeine in it every day. An 8oz cup of Why Does Caffeine Make Me Sleepy with ADHD? Read More My anxiety used to be so bad that I experienced uncontrollable panic attacks. They embarrassed me, and actually increased my anxiety because I would often try to hide so that people couldnt witness what I was going through. I struggled to regain control of the negative thoughts that were racing through my brain, but luckily Positive Affirmations For Anxiety (25 Helpful Affirmations) Read More In this post, 5 reasons not taking care of yourself (aka practising self-care) is a sign of low self-worth, why you should be practising self-care and taking care of yourself if you want to feel better within yourself and build up your self-worth. Is this the wake-up call you need? Watch this post by clicking the image below or keep scrolling to read Hi beautiful, how are you? Its Sarah here from Proud Happy Brave and today I wanted to talk to you about why not taking care of yourself is a sign of low self-worth. So you might feel like taking care of yourself, or self-care, is something that is superficial and something that you shouldnt really bother with spending time on. And maybe you even think of it being just things like taking bubble baths or treating yourself to have a bit of chocolate or something like that. But when I talk about taking care of yourself, I actually mean anything that is caring for yourself. So whether that is your physical wellbeing, mental wellbeing, spiritual wellbeing or anything like that. So even with that explanation, you might be realising already, why not taking care of yourself is a sign of low self-worth. But I want to cover five specific reasons with you so that its really clear as to why and you can see if you can resonate with any of these. If you can, it might be an indication that its time to start taking better care of yourself. Okay, so the first reason is that when youre not taking care of yourself, youre ignoring what you need to function at your best. So Im talking about things like eating well, staying hydrated, resting when you need, getting good sleep, and even moving your body. All of these things are really important for us to be able to function well. Yes, you can get by with not doing these things for a while or kind of skimping on these things, but youre not doing yourself any favours. And youre sending yourself a signal that, youre not really worthy of taking care of your basic needs when youre not taking care of yourself. Related Post: My Daily Self-Care Routine That Keeps Me Healthy & Happy When were not taking care of ourselves its often because were taking care of other people. And while that can seem really generous and lovely and kind on the surface, if were doing it before we take care of ourselves, it can be really detrimental to our self-worth, because were saying that theyre more important than us. We are taking care of those people from a place of lack in ourselves. Were kind of sacrificing ourselves for them. And thats alright once in a while, but not all the time. Psst: Struggling to feel good enough and like you matter? Join in the FREE 5-Day Im Worth It! Challenge to boost your self-worth and start to feel good about yourself! Click here to get all the details! Negative emotions like stress and anxiety can build up and taking care of yourself gives you a way to deal with them in a healthy way. Youre less likely to accidentally have an angry burst out with something if you get too stressed out and youre not going to burn out. Taking care of yourself also helps to prevent you from getting overly anxious. There are times when we can be anxious regardless of taking care of ourselves, but if you dont take care of yourself, its kind of almost guaranteed that these things are going to come to a head at some point because you havent given yourself the time and space to deal with them. So once again, thats sending a signal to your subconscious, that youre not worthy of that time and sorting that stuff out. Related Post: How To Practice Mindfulness For Anxiety Relief If youre not taking care of yourself, that generally means youre not letting yourself have fun, and do the things you enjoy in life and that really detracts from how you experience life and how you feel about yourself. If youre just going through the motions each day, then your self-worth is going to take a hit because youre going to be like, well, whats the point? So thats definitely another sign that youre not taking care of yourself and you should be. Related Post: How To Have Fun Again When you do take the time to take care of yourself, youre looking out for yourself, youre giving yourself what you need and youre really being your own best friend. When youre not taking care of yourself that isnt there. Youre treating yourself almost like an enemy. Youre not treating yourself with care and with love, so youre not going to be at your best. Related Post: 5 Ways Im Being My Own Best Friend The five reasons that not taking care of yourself is a sign of low self worth: youre ignoring your basic needs, and what you need to function at your best;youre putting yourself behind others;youre not giving yourself a healthy way to deal with negative emotionsyoure not allowing yourself to have fun and enjoy life;youre not being your own best friend, and giving yourself the best chance of living your best life. So, now Id love to know, can you resonate with any of these? I certainly know, when I had low self worth I could relate to all of these! If you do too, thats fine. Its totally okay. Just use this as a wake up call to start practicing a bit more self care and taking care of yourself more. And I know that youll feel much better in yourself and your self-worth will start to build up as well. Have a great rest of the day. Im sending you lots of love! Sarah xo Dont forget to join in the fun of the 5-Day Im Worth It! Challenge! Ill be sharing 5 keys to building up your self-worth and feeling good about yourself. And its totally FREE!! Click here to register! Did you enjoy this post? Please share the goodness by pinning the image below! How many of us are guilty of chugging through the day, attending to our kids, crossing things off our to do list, driving from here to there to get errands done, only to find ourselves at the end of our day feeling completely drained? I have a feeling many of us are raising our hands. Day to day life for loads of us only seems to be getting busier. Our list of commitments and have tos is growing. With that, we can be left feeling like our metaphorical gas tank is empty.Most of us have heard about self-care. We know its important. We may even know a few things that we should do for self-care. But one of the things I hear over and over from women, especially, is how do I fit self-care into my already packed day?! This is such a valid question. Women often find themselves giving and giving to others all day long, at work and at home, and wonder how they can possibly fit time for themselves into that full daily schedule. You are not alone if you are asking yourself this same question. Many of us tend to prioritize our day to day duties in something similar to the following order: family, work, chores (cooking, shopping, laundry, etc), activities or other commitments, and last but not least self-care. Rinse and repeat. We consistently put self-care as our lowest priority. When it is last on the list, it is the one that can most easily be skipped entirely if we run out of time.So, what happens when we dont fit in time for self-care into our daily schedule? I dont know about you, but I know when I am not making time or prioritizing self-care into my day, my patience level heads south. It is much easier to become snippy and less understanding when interacting with others. What else happens when self-care isnt a part of our daily life?Consequences of not practicing self-care:Low energyFeeling hopelessLess patienceIncreased headaches, stomach aches, and other physical symptoms of stressDifficulty falling and staying asleepChallenges in choosing healthy food and urges to eat comfort foodsWorsening mental health symptoms like depression or anxietyFeeling burnoutDifficulty concentratingStrain or distancing in the relationship with your spouse or partnerLess patience with your childrenReduced performance at workLess motivation to engage in social activitiesIts no surprise that when we neglect our own self-care, it catches up with us. All of the above symptoms and consequences that happen when we dont take time to better care for ourselves can add up quickly. Have you noticed any of these symptoms or reactions in yourself? Maybe you have but arent sure how to actually change it. Changing habits weve been stuck in for a long time can be challenging. But you CAN do it.But how? you may be asking yourself. The best way to make any behavior change is to make it as simple as possible, realistic, and achievable. What does this mean? It means making sure youre not expecting something that isnt going to be feasible in your day to day life. For instance, in a perfect world, most of us would love to get an hour-long massage every day, take a bubble bath every night, and enjoy a relaxing gourmet meal each day. Is that possible for most us? No. Instead, we need to take a good look at what actually is possible. Start small.Below is a list of self-care ideas. Choose even one item that you think you could squeeze into your day. Maybe try to implement something in the morning so you know you wont run out of time before you have a chance to do it. The key here is just to try. Are you going to do it perfectly every day? Of course not. Maybe you try one of these ideas, and it just didnt give you the peaceful boost you were hoping for. Then try another idea below. Keep trying until you find something that give you the result youre looking for. Pay attention to how you feel after you take time to attend to yourself. What do you notice in the rest of your day? Are you finding you are calmer and more patient with others? Are you sleeping better at night? The more we do something, the more likely it is to become a positive habit. This is the secret with self-care making it a habit so its something we wouldnt second guess doing, just like eating dinner is something we dont typically feel guilty prioritizing.Self-care ideas:Make a gratitude listListen to upbeat or relaxing musicTake five minutes to sit down and put your feet upStand in the shower with the hot water pouring over your backAsk your spouse or partner for a foot rub or back massageGo for a walk over your lunch breakListen to a meditation (Insight Timer is a free app for meditations)Take an Epsom salt bathSchedule a date night with your spouse, partner, or friends to connect without distractionsEnjoy a hot cup of teaSpend five minutes taking deep breathsGet a manicure or pedicure or give yourself oneTurn your phone off for 30 minutesParticipate in a yoga classLight a yummy smelling candleWrite in a journal for five minutesRead a book for 20 minutesGo to bed 15 minutes earlyUnfollow someone on social media who is negative or makes you feel badlyIf you are feeling overwhelmed in thinking about how to make changes to better prioritize your own self-care, help is available. Especially if we are struggling with mental health concerns, it can be really hard to find the energy or motivation to start making changes to better ourselves. Seeing a therapist can help you break down your goals into easier, achievable steps, and support you in this goal of making yourself a priority.The topic of self-care can feel incredibly overwhelming.Over the pandemic, the internet seemed to explode with new content about it as people began to realize how critical it is to achieving happiness. There are so many new social media accounts, graphics, and posts devoted to it, including this one. Once a relatively unknown and uncovered subject, there is now no shortage of information out there.The problem can be sorting through all of it to discover which information is correct, and which resources should you listen to/ It can seem impossible to know where to start.But it doesnt have to be. Self-care is simply the physical act of loving yourself. It really does mean taking the best care of yourself. So by falling in love with taking care of yourself, you are essentially falling in love with self-care.Below is 8 things you can do to fall in love with self-care.In order to learn how to take better care of yourself, you need to learn what exactly what your needs may be, and what sort of self-care tasks can improve your quality of life. There are many things to learn like types of self-care, self-care based on your stress level, self-care for certain lifestyles, self-care for certain mental illnesses or disorders (like ADHD) and so much more. By educating yourself as much as you can about the topic, you can make the best decision for yourself.The Self-care process is a very personalized one. Everyone is different so there isnt really a one fits all approach. You cant decide what is the best fit for yourself if you dont really know yourself. Learning as much as you can about yourself, such as your likes and dislikes, your needs, and what type of person you are, will enable you to make the decision on what kinds of self-care tasks would make the biggest impact in your life.Once you feel that you know yourself better, you can compile a list of all the different self-care activities you would be interested in trying out, the ones you want to avoid, and the ones you feel you could make a part of your normal everyday routine.If you are new to self-care, you dont want to overwhelm yourself by trying to power through an ultimate list of self-care activities and trying them all at the same time. By starting small and maybe adding a few things to your daily routine that you have tried before and are comfortable with, it prevents you from trying to do everything all at once and getting overwhelmed.Once you have added those few new things into your routine, check in with yourself after each self-care activity.Here are a few questions you can ask yourself to check in:Compiling the answers to the above questions should give you an overall idea of how you feel about each self-care activity, and which ones might not be for you.After you have checked in with yourself, it can be a good idea to look at all the areas and see where you might be missing something. This will let you know where you need to focus on.Do your social needs feel taken care of? If not, maybe you need to look at joining a club, or an activity.What about your mental health needs? If you feel like you might be struggling it can be a good idea to go see a professional who can offer you some extra help.Some people look at self-care as a band-aid that is just supposed to instantly stop the bleeding and fix whatever it is that need fixing. So when they try a new self-care activity and it doesnt immediately fix all of their problems they think it doesnt work. However, I like to think of self-care more as medicine. It might take some time and following the routine of taking your pills regularly before you begin to notice a change.The more you practice self-care and self-love, the better you will become at it, and the easier it is for self-care activities to become a part of your normal routine.Once you feel comfortable and confident in performing self-care activities, it becomes very easy to love itand in turn, love yourself. Life is a never-ending rollercoaster that can offer us the highest highs and the lowest lows.But when the lows outnumber the highs, the ride is no longer exciting or enjoyable. Instead, we end up utterly drained on just about every level.When were being sucked dry of all our mental and emotional strength, the effects manifest physically as well as spiritually.Unless we find a way to stop all our strength being sucked out of us, we can bleed out, energy-wise.Does this sound familiar?If youre suffering from any of the effects listed below, chances are youre at the cant draw blood from a stone level of being drained, in body, mind, and spirit.Speak to an accredited and experienced therapist to help you identify why youre feeling emotionally depleted, and what to do about it. You may want to try speaking to one via BetterHelp.com for quality care at its most convenient.8 Symptoms Of Someone Who Is Emotionally Drained1. Unceasing FatigueFatigue is something different from just regular tiredness. We can be exhausted after a few days worth of partying or running after sugared-up toddlers, but that kind of exhaustion can be remedied with a couple of nights worth of decent sleep.Fatigue cant.When youre suffering from fatigue, it doesnt matter if you sleep 20 hours a day or drink 30 coffees in the span of a few hours: you will still be tired to the very marrow in your bones. Youll feel as though you have 500lb lead weights strapped to each of your limbs, and it might be damned near impossible to gather the strength to do even the most mundane of tasks.This isnt just an occasional thing. This level of energy is your default setting right now.It just never seems to end. You certainly cant see light at the end of the tunnel.2. InsomniaAdding to the bone-weariness of fatigue, insomnia can be a horrible way that mental and emotional depletion can manifest.You are so very, very tired, all the time, and all you want to do is sleep, but you cant. Why?Because your thoughts are racing at top speed and you cantbreak the loop.Just as you start to drift off, some worry will intrude and knock you back into wakefulness, so you cant get that much-needed rest which compounds the fatigue thats already draining you dry.The last time you had an unbroken eight hours sleep was well, you cant actually remember when it was, it was that long ago.3. Illness Or Physical SymptomsAre you having heart palpitations from low-level anxiety?Or perhaps regular bouts of gastro distress or vomiting? Do you have a headache that just wont go away? How about joint pain?Emotional exhaustion will often manifest physically, perhaps unsurprisingly given how intricately our minds and bodies are linked.This is especially true if youre the sort of person who carries stress in your belly, or if you clench your muscles subconsciously to brace against whatever is hurting you.Are you walking on eggshells to avoid upsetting someone like a megalomaniacal boss or emotionally unstable romantic partner?Is there major upheaval in your life at the present moment in time?Whatever the cause, you may experience physical symptoms such as TMJ from grinding your teeth, shoulder pain from hunching your shoulders, or intestinal issues (among many others). 4. Crying EasilyIf youre at the point where having toothpaste fall off your toothbrush first thing in the morning is enough to bring you to a bout of hysterical weeping thats really not good at all.When youre depleted emotionally and mentally, your natural ability to handle things like normal, day-to-day stress or upset is shaved down to pretty much nothing, so the slightest thing can make you burst into tears.You just dont have it in you to stem the tide of emotion and youve probably found yourself crying in front of colleagues, friends, and random strangers.And you can forget about keeping it together if you see or hear about something tragic in the news. Youll be reaching for a tissue before you know it.Another possibility is actually the opposite of hypersensitivity, and that is: 5. DetachmentYou cant bring yourself to feel much of anything, good or bad.Youve gone numb.Whatever it is that youre dealing with has drained your light to the point where you literally cant feel the emotions youd normally feel when you encounter a situation or subject.This is sort of like depression, only instead of feeling weighed down by emotion, youre weighed down by the absence thereof.Anhedoniais a type of emotional detachment that specifically prevents you from being able to feel joy or pleasure, and is a strong sign that you are dangerously depleted. 6. Irritability And AngerAnother way that depletion can manifest is as ever-present irritability, or even bouts of abject rage.Tiny things that you could ordinarily block out, like the sound of your partners chewing or the fact that your co-worker insists on using Comic Sans in her reports, willirritate the living crap out of youor make you want to throw the office microwave through a window.Instead of dealing with the source of what is actually draining you, youre hypersensitive to the tiniest irritation.You project those feelingsonto sources other than the one thats really mucking you up. Unfortunately, this can mean you take your frustrations out on those closest to you those who probably dont deserve it.Have you blown up toward your family or friends recently?7. Lack Of MotivationYou really dont have the wherewithal to do much of anything.You might be wearing the same underpants a few days in a row because you cant be bothered to change your clothes, let alone shower.You might have lost weight because you cant bring yourself to eat (its not like you have much of an appetite anyway).And all you want to do is go back to bed so you can sleep and hide away from either the overwhelming emotions youre dealing with, or your awareness that you dont feel anything at all. This is especially difficult to contend with at ones workplace or school, since there are inevitably due dates for various tasks or assignments.But if you have no motivation to get to those tasks, you wont get them done on time so theyll accumulate, which will make you procrastinate more.And on and on the cycle goes.This can result in you failing classes or getting warnings at work if not fired outright but if youre feeling numb, you really wont care much about that, will you?8. HopelessnessHot on the heels of a lack of motivation is the feeling of hopelessness.that it doesnt matter if you even try to improve your situation no good will come of it anyway. Or any attempt you make will be thwarted, so why bother?Its dangerous to reach this point, because once hopelessness sets in, you might feel so trapped in the situation that youll either resign yourself to this horrible fate forever, thus remaining in a state of depletion indefinitely, or consider taking drastic measures in order to stop it.If youre at this point, please get help: its a very dangerous line to cross, and you may not be able to find your way back on your own.5 Non-Physical Reasons Youre So Completely Drained Of Energy Now that weve touched upon the symptoms of emotional burnout, its time to looks at how you might get this waymany people dont quite realize just how many factors can contribute to feeling totally depleted of energy.Were not talking about anemia or B12 deficiencies here, nor a lack of proper sleep after running a marathon. Nothing physical, nothing that taxes the vehicle of flesh and sinew that houses the person you are.Were talking about the reasons why you may find yourself curled up in a ball on your bed with leaden limbs, feeling like you dont have enough energy in your entire being to move a single muscle.Any (and all) of the following five issues can contribute to that feeling, and all are serious situations that really need to be addressed. Check out the list below and think about whether any of them would explain why your energy level is hovering somewhere around Antarctica.1. Job DissatisfactionDo you find that trying to build up the energy to get yourself to work is damned near impossible?Or that once youre at work, you just stare at whatever it is youre supposed to be working on and cant bring yourself to do it because it just seems pointless and awful?Yeah, those are pretty strong signs that its time to get a new job.When youre dissatisfied at work, you may feel overwhelmed with depression and panic attacks, and that can also manifest as unbelievable exhaustion not tiredness, not like youve run a marathon, but a soul-deep weariness that makes it difficult to perform even the most basic tasks.It literally feels like your will and light have been sucked out of you, and no amount of coffee or other stimulants will jolt you into being able to do anything.Work that you dont enjoy feels like slavery.It really does. Its a mindless slog of drudgery that will make you sit back and wonder why the hell youve been given the magical gift of several decades worth of life on this glorious planet, only to waste it doing the mind-numbing crap youre doing right now. Day in, day out.Theres always a way to change your work circumstance to something you truly want to do: it just takes some planning, and courage, and some time as well. But once you decide to make the change happen, youll have a goal to work towards, and youll find that your energy builds back up again because you can see light at the end of the tunnel.2. Unhealthy RelationshipsA lot of people stay in romantic relationships much longer than they should because theyre comfortable and complacent, and are content to maintain the status quo.or so they try to convince themselves.When youre in a romantic relationship that just isnt working anymore, for any number of reasons, you may feel like youre slogging through each minute. You may want to sleep a lot (possibly as a form of escapism), spend a lot of time alone, and get irritable when you feel any sort of obligation to do anything with your partner.This isnt just limited to intimate relationships either: you might live with housemates who absolutely suck your will to live, either because theyre psychic vampires or simply because theyre not part of your tribe, so you feel alienated and out of sorts when youre in their presence.This can happen with family members as well: just because you share DNA with people, doesnt necessarily mean that youre going to bond well with them, or even resonate on the same frequencyand having to spend a lot of time with people whom youre expected to get on with, but dont, can be completely exhausting.On a similar theme 3. People PleasingWhen it comes to things that drain us of energy, one of the worst contenders is being in the situation of doing our best to please others, at a detriment to ourselves.This has been mentioned in terms of codependent relationships often when people who are highly empathic pair up with narcissists but it can happen to just about anyone, in any kind of relationship.Problems arise when were doing our best to get positive reinforcement and validation from other people by doing what they expect of us, or what suits their vision of who we should be.This is basically just playing the part in a masquerade you dont honestly want to be involved with, but if youre a person whos conflict avoidant or prone to anxiety, youll likely keep playing that role and hate every second of it. Pretending to be something youre not takes an extraordinary amount of energy.Actors who are playing roles for TV and film need to take a lot of down time in between shoots just to be able to recharge. Theyre basically people who are pretending to be entirely different people, for hours at a time.Those who are living lives to make everyone happy except themselves are actors as well, but the role is 24 hours a day, 7 days a week. No breaks, no time to recharge.Is it any wonder why theres no energy to spare after trying to maintain that charade?4. PerfectionismIf youre a perfectionist, youre likely your own worst enemy as far as energy loss is concerned. You probably spend far more time than is needed making everything you do as perfect as possible, causing yourself all manner of anxieties and utterly wearing yourself out in the process.Perfectionism often goes along with people pleasing, since those tendencies originate after having dealt with very critical people.In trying to gain approval, one often believes that only being perfect in said persons eyes will make them show love, appreciation, even respect.As you might imagine, thats damaging on countless levels, especially since it causes the perfectionist to deplete their own energy reserves in an attempt to reach an unattainable goal.Theres no such thing as perfection, and striving to achieve it will do a hell of a lot more harm than good. Thats not to say that it isnt good to be ambitious or driven, but rather to try to do so in a healthy, self-affirming way, rather than trying to attain another persons standards of perfection.Thatll never happen.5. Toxic People In Your LifeWhen you have people around you who drain all your light in an attempt to sort out their own messy lives, you may end up feeling that even an hour in their presence will leave you a depleted husk of your usual self.Youll know that you have people like this in your life because as soon as you see a text or message from them, part of you feels like it wants to shrivel up and die. You may resign yourself to answering with a deep sigh, bracing yourself for whatever may ensue, but wishing that theyd just leave you alone.If you react this way to the people close to you, maybe its time to re-evaluate their role in your world.6 Ways To Treat Emotional Burnout (That Actually Work)Just about all of us are going to have to contend with emotional burnout at some point in our lives.Existence on this planet can be unbelievably beautiful, full of joy and wonder, but there will inevitably be times when its also full of overwhelming stress sometimes for prolonged periods of time. Now, some people advocate for the kind of self-care thats easy to do, like taking a day to wallow in a bubble bath and get a manicure, or going shopping for a new set of power clothes and a chia smoothiebut those actions are like thin bandages covering a hemorrhaging flesh wound: they might staunch the blood flow for 0.002 seconds, but thats about it.Emotional burnout needs to be treated on a deeper level to really be effective.1. Spend Time With FriendsSometimes, spending authentic time with people close to you can be incredibly cathartic. People tend to get burned out when they feel that theyre entirely alone in a situation; that they have the world on their shoulders and dont have a support system to help them out.By talking with people you care about, you realize that there are plenty of people who care about you in return.They can help you through your troubles, even if its just taking your kids for an afternoon so you can sort through some things, or organizing a yard sale so you can replace the appliances that suddenly stopped working.Dont be afraid to ask for their help.2. Reduce Your Stress However PossibleDo you have some sick days saved up? Take them,