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Telltale Signs You Need More Self-Care

Everyone needs self-care, but to get the most out of your self-care practice, you must be able to recognize when you need it. It can take time to develop an effective practice that keeps you functioning at your best, but the more you invest in caring for your wellbeing, the more health benefits you will enjoy.

Here are some telltale signs that you may need more self-care:

Disorganization

Do you have trouble finding what you need when you need it? Are you chronically late to appointments? Being disorganized may be a sign that you need more self-care.

Exhaustion

If you are not sleeping well, or get less than seven hours of sleep each day on a regular basis, you may need to examine your self-care practices. Running on fumes is not sustainable. Not giving your body sufficient time to recover from the demands you place on it could result in an unexpected illness that forces you to take time off.

Overwhelm

Feeling overwhelmed every now and then is normal, but if you feel that way on a regular basis, it may be a red flag that you are not managing stress well. Overwhelm reduces your creativity and productivity, which can take a toll on your health.

Anger

Do you have a short fuse? If you struggle to manage your emotions, or erupt frequently when facing stressful situations, it might mean that you need some self-care. Stress that has not been well-managed can damage relationships and lead to chronic health conditions.



Self-care helps you recharge so you can manage all the pieces of your life more effectively. Learning how to recognize the signs that you need to recharge is part of the process of developing a solid self-care practice.