

Self-Care Positive Self-Talk

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Taking time for yourself may sound selfish but it just may be the best thing you can do for those around you and yourself. There is much talk about self-care and positive self-talk but talk or thought is

just not enough. Action is needed. Take a moment right this moment to say, "I am worthy!" "I am here!" We may sometimes feel invisible. Those around us only notice when we don't do something for them,

not all that we do for them. Our services and kindness may go unnoticed, our bank may experience too many withdrawals. We must deposit into our account, our lives, self-care, and positive self-talk.

Many times, at the beginning of a new year we set new goals, but we do not have to wait for a new year to make and facilitate change. Today is the day. Don't put it off, start today. Today I will compliment myself. Today I will do something I enjoy. Today I will care for myself and not just those around me. Today I will encourage myself.

Self-care can look different for each of us. What does self-care look like to you? It may mean sitting in your car after work and taking three deep breaths. Breathing in telling yourself you are blessed. Breath-

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ing out verbalizing these blessings. It may mean sitting by the river and watching the river flow. Just being in the moment. It may be taking a walk, mindfully. Take a moment, be in the moment. Self-care can be getting sufficient sleep and sufficient rest for your body, your mind, and your soul. Going to bed earlier. Working to develop good sleep hygiene, self-care, using positive words, and good health habits is self-care. Rest, revive, and renew.

Self-care can be starting a new hobby or taking time for a past favorite hobby. Think about something you enjoy but no longer make time to do. Revive your joy in returning to this hobby or habit. Doing what you enjoy, taking time for yourself is a form of self-care. Find joy in your journey. Joy each day. Joy in each moment. What can you do today to take care of yourself? What can you do today for you?

What are the words of positive self-talk? What do you need to hear and believe in yourself? What can you tell yourself today? I am a blessing. I am blessed. I am kind. I am beautiful. I am you fill in the blank.

Take time right now to say three positive words to yourself. Affirm yourself. If we talked to others the way we talked to ourselves, it may not be kind. Show love to yourself. Be kind to yourself. Give yourself grace. Give yourself care.

This world can be full of stress and negativity but if we change our focus, we can see blessings and positivity. Taking a moment to care for ourselves, using positive self-talk can help us as we continue to care for those around us. You are loved. You are beautiful. Thank you for caring for others and taking time to care for yourself. Giving ourselves care will encourage us, recharge us, and revive our passion in nursing, as we continue to provide care to all those in need. ■

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