



Practicing Self-Care

This week I was given a task to prepare for a meeting to discuss the topic of “self-care for coaches”. Self-care is critical for all of us and yet it sometimes gets bad press. It has been described by some, as an excuse to be “selfish”; “self-indulgent” and extravagant. I disagree.

It is true that when I engage in self-care, that I may choose to include beauty treatments or other pampering opportunities. However it is never about the actual treatment itself but rather about taking time to get to a state of relaxation that is restorative and so beneficial to my mental and physical well-being.

In practice, my self-care is very clearly focused on three distinct elements: my physical wellbeing (diet and exercise) my psychological wellbeing (social and emotional needs) and my professional wellbeing (supporting clients and continued personal development).

As I have considered my own approach to self-care over the past few days, I have identified a really interesting pattern. Rationally, I am very clear about the importance of self-care. I am very clear about what I should do. I am very clear about the actions that I need to take to optimise my physical, emotional and professional well-being. I am very clear that if I do not take care of myself then I will reduce my capacity to care for my family, and develop my coaching practice. Indeed I will pontificate about it, if given the opportunity.

However, do I actually prioritise my self-care? No.

When I am emotionally pulled by my children’s needs, my self-care needs are pushed to the background and I put my children first. Are my children growing up secure in the notion that there is someone in this world who puts them first always? Yes. Are my children learning good patterns on self-care and the need to mind oneself based on my behaviour? Not really.

Which brings me to my challenge for this week. What are the triggers that pull you away from good patterns of self-care? What are the long term implications of your patterns? Take time this week to acknowledge your triggers and determine, if in fact, the time has come to make changes to how you prioritise the actions that you take to optimise your self-care.

Warm Wishes

Mary

If you would like support to develop your action plan to prioritise your self-care then do give me a call.