

SELF-CARE

Myths and Facts



01

MYTH

Self-care is only for people with poor mental health.

02

FACT

Self-care is for everyone. In fact, you're already doing it. Even the most basic functions of life count as self-care. If you're brushing your teeth, you're practicing self-care. If you've gone to bed early to get a good night's sleep, that's self-care. If you've sung in the shower lately, that can even be self-care.

03

MYTH

Self-care is indulgent and selfish.



04

FACT

You need to care for yourself to be able to care for others. It's not selfish to fulfill your needs. Blocking off time in your calendar for "me time" is essential to avoid burnout, professionally or otherwise. You can't pour from an empty cup.



05

MYTH

Self-care is all about pampering yourself.



06

FACT

Like we said, self-care is simply the act of caring for yourself. Sometimes that looks like sipping tea with a face mask on, but it can also include creating boundaries, getting your heartrate up or paying bills.