



Are You Self-Aware? Time to Practice Self Care!

Happy Holidays! Like the song says, “It’s the most wonderful time of the year”...or is it? Planning and shopping and wrapping and parties and family gatherings and baking and cooking and eating and, and, and, and WHEW! Most people report feeling exhausted and frustrated from mid-November through the New Year. Many say they even resent the holidays and are relieved to see them end. Are you one of those folks? If so, this time of year more than ever, is the time to be self-aware and start thinking and planning self-care! Somehow, when people make their lists of things that they want/need to do, they leave themselves off the list and neglect self-care.

For those who care give for others, be it in the workplace or at home with children or other family members, self-care should be a priority. Most people say that they feel “guilty” or “selfish” if they think about taking care of their own needs. Think about it from a place of awareness instead. There is nothing selfish about taking care of yourself...rather, there is something empowering about being self-aware and knowing what you need to do in order to sail through the holidays (and life) on a joyful note. *For, if you cannot take care of yourself, how can you expect to take care of others?*

Look at it like you are a car. Your vehicle cannot run without gas. You can go wherever you want if there is enough gas in your tank but if you drive the car without filling the tank, eventually, you will run out of gas! Self-care is the art of keeping your tank full so that you can get to wherever you want.

Take time for yourself and rethink your priorities. Think about these categories as needing attention from you: physical, emotional, intellectual, social, financial, spiritual, occupational and environmental. Try to assess each one of those categories and come up with ideas about things that you could be doing to strengthen each one of them. People in your care as well as YOU, will prosper in mind, body and spirit as a result of your caregiving if, and only if, you have “gas in your tank”!

Need help with Self-Care?

Call your EAP at

219-662-3730 or -800-747-7262