

What I Wish Women Knew About Self Care

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The societal pressures of homemaking often clash with those of career achievement. So in order for women to have both, sacrifices have to be made. We try to avoid neglecting the kids, the partner our family and friends. We take pride in our homes looking and feeling comfortable. We work twice as hard as our male counterparts for career recognition; if you are a person of color, 3-5 times harder just to be taken seriously as a professional. We are usually on the backburner in the grand scheme of things because there is so much to do.

What I often hear when self-care becomes the topic of conversation is, “I don’t have time”. There is often a laundry list of responsibilities that include work, kids, commitments to others. Daily routines and schedules that exclude bathroom breaks. Sometimes there’s not even time for a quick meal or a snack.... the Horror!! Getting up earlier seems unreasonable because, well, we all like sleep (myself included). There isn’t much room for us to take a break transitioning from work to home because there’s just so much to do with the few hours left in the day. And before bed? It depends on your wind down routine but disassociating while bingeing our favorite show, reels or TikTok’s is usually the go to activity for relaxation. And just like that, the whole day is gone, and we did not take the opportunity to engage in some form of selfcare.

Imagine treating a family member, friend, or someone we cared for in this same way. When making time for others, we are willing to sacrifice our time easily. Happy hour? Sure! Baseball game? Yeah! Flights to another place? Of course, I’ll take the 5am flight from an airport an hour away because it’s less expensive! So, is it the person that we are committed to doing these things with, or is it the activity that we are saying yes to? What is driving the choice? My theory is that it’s a little of both but mainly, we have difficulty spending that same type of unstructured time with ourselves. What I mean by unstructured time is, time truly spent by ourselves, fully unplugged; not engaging, not doing, not planning to do, not scrolling, nothing. Time spent simply reflecting on the space we are in.

That, sounds, awful!

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Let's be honest, the thought of sitting and doing nothing does not sound appealing whatsoever. Who doesn't like to dissociate for 30 minutes looking at memes and reels while eating. But think about the last time you sat outside and enjoyed each bite of your food without feeling pressed for time or taken a moment to light a candle and wait long enough for the aroma to fill your lungs before moving onto the next task. This is what self-care is truly about; taking time to pause and check in with yourself. Self-care doesn't have to be an added thing to the never-ending to-do list. It doesn't have to be complicated or costly nor does it have to be a dramatic ritual with 50 steps. Selfcare can be as simple as saying 3 kind things to yourself when you are facing a challenge, writing a gratitude list, spending an extra 5 minutes in the shower, or taking the slow scenic route home after a long day. By spending this time with yourself, you begin to enjoy your own company a little more and feel the need to rush a little less. You see that the world can be a prettier place and have time to build a deeper appreciation for yourself, your strengths, and accomplishments.



It starts with a shift in mindset. What better way to approach challenges then by saying “I can do _”. By making that small change in the way we think about selfcare, we automatically begin to tell ourselves, “I can make time for myself”. Imagine all of the things we will begin saying “I can” to after that, the accomplishments, the goals. How much better would we feel? So, what I truly wish women knew about selfcare is that the more you tell yourself what you can do for yourself, the better you will feel about yourself!