



# Transcript: Unlocking Success Through Self-Care: Nurturing Wellbeing for Personal and Professional Success

**Intro:** Get ready to be inspired, motivated, and empowered. Welcome to the Whole, Happy, Successful where we will talk about positivity, mindset, and different tactics and strategies to be more happy and successful. I'm your host, Behnaz Vala, and I'm on a mission to help as many people as possible to be more successful through a positive mindset. Whether you're looking to improve your career, strengthen your relationships, or find more happiness and fulfillment in your life, you'll find the guidance and inspiration you need right here. Join me in this fascinating journey and become more whole, happy, and successful. WELCOME TO THE BEAUTIFUL WORLD OF THE POWER OF MIND AND POSITIVE THINKING. LET'S START OUR JOURNEY TOGETHER.

## **Behnaz:**

Self-care is often brushed aside for things seen as more important; business meetings, social commitments, family obligations. While these things are important (and can in some cases contribute to self-care), it is important that we take time to ourselves when we need it. This personal investment will not be for nothing; in fact, self-care is important if we want to optimize our performance in any area of our lives. Taking the time to maintain our physical, emotional and mental health can lead to success in many ways.

Here are four of those ways:

### **1- It helps us to maintain perspective**

Self-care, regardless of the form, allows us the time to reflect and therefore better understand ourselves as individuals. We are better able to identify our triggers and put things in to perspective and rearrange our priorities to understand what is important and what isn't. This perspective contributes to

a healthier life as we understand where stress is justified and where we should be more relaxed.

## **2- It helps us to keep positive**

Self-care is great for our mental and emotional wellbeing. People who invest time in taking care of themselves are more likely to be more optimistic and see the silver linings in bad situations. It is an effective way for maintaining positive moods, rather than succumbing to darker emotions.

## **3- It improves our relationships**

By investing time in ourselves, we are better placed to interact with and support others. Self-care allows us to maintain our own health and therefore put us in a good place to be able to engage with others and maintain strong relationships.

## **4- It improves our work performance**

While self-care is sometimes seen as indulgent, it often has a much broader impact that goes beyond our own lives. People who invest in self-care are more likely to be healthier, both physically and mentally, and are therefore better prepared to perform at work. They are likely to be more focused, more emotionally stable and form stronger, more positive relationships. All of these things are highly beneficial in the workplace and will lead to greater performance.

It does take time to invest in self-care, although the benefits far outweigh the price. Take the time to establish a good routine that includes self-care practices, whatever this looks like to you, and you will be sure to reap the rewards. Self-care is an important component of maintaining good health and should not be overlooked or disregarded.

Even when you know how important self-care is to your wellbeing, it isn't always easy to incorporate it into your daily routine. In fact, did you know many people fail when it comes to taking care of themselves?

Let's look at why people generally fail when it comes to self-care and the main things holding them back.

## **1- It is often perceived as selfish**

One of the main reasons people fail to take care of themselves is because they feel it is selfish. It could be that you feel guilty when you take time to

focus on you. Or, you may worry what other people think, or that you are a terrible parent for not focusing solely on your children's needs.

It is a total myth that self-care is selfish. In fact, it can help you to be a better parent, friend, spouse and relative. The more you take care of yourself, the easier you'll find it to take care of others. You'll also show your children the importance of self-care. Teaching them to take care of their own needs is a crucial life skill that's going to help them to grow up to be happier adults.

## **2- It requires effort**

There is no getting away from the fact that self-care does take some level of effort in the beginning. When you aren't used to making self-care a priority, you're going to need to make quite a few changes to your routine.

Coming up with a self-care plan can feel like a chore, making it easy to put it off. However, there are ways to reduce the effort. For example, focusing on one thing you want to improve at a time can really help. Perhaps you'd like to start working out more? Scheduling time to exercise as soon as you wake up for example, can be a great start. Or, if you're looking to drink more water, focus on that goal first.

If you break down your self-care tasks, it makes them much easier and reduces a lot of the effort involved.

## **3- Different approaches work for different people**

Every one of us is different, which means we enjoy and dislike different things. When you initially look at examples of self-care, you'll find a lot of them relate to things like reading a book or taking a hot bubble bath. These types of activities aren't for everyone so they might feel self-care really isn't for them.

Self-care isn't just bubble baths, yoga, and meditation. It is anything that relaxes and takes care of you. So, if you find going for a run is a more effective way of feeling good, that would be classed as a self-care task.

If you find one self-care approach isn't working, try something else. Self-care should be personal to your own needs.

These are the most common reasons people fail to take good care of themselves. It can be difficult overcoming the initial barriers to self-care.

However, once you fully understand what and how important it is, you'll find it much easier to stick to a self-care routine.

Self-care is often seen as a luxury, but did you know it can lead to a longer, happier life? Without self-care, you're likely to end up feeling stressed, tired, and generally unhappy.

Here, we'll look at how a lack of self-care can lead to an unhappy life. You will also learn some of the signs to watch out for that you need more self-care in your life.

### **1- You'll feel stressed and exhausted**

When you aren't taking care of yourself, you'll often feel stressed and exhausted. This in turn can lead to burnout and a feeling of resentment. For example, it could be that you are exhausted from taking care of everyone else's needs. Over time, if you don't do self-care, you could end up resenting your loved ones.

When you are constantly exhausted and stressed out, it's impossible to maintain a positive outlook. Self-care helps to combat stress and it also boosts your energy levels.

### **2- Personal hygiene suffers**

A side effect of not following a self-care routine, is that your personal hygiene could suffer. This is especially true for those experiencing depression. When you are depressed or low, self-care is the last thing on your mind. In severe cases, you could spend days in bed, failing to do even basic self-care tasks such as taking a shower or brushing your teeth.

The trouble is, failing to take care of yourself leads you to feel even worse. So, maintaining self-care is crucial for your mental health and personal hygiene.

### **3- You'll seek unhealthy enjoyment**

Another thing that tends to happen when you lack self-care, is you'll seek unhealthy enjoyment. It could be overindulging in junk food because it makes you feel better. Or you could turn to alcohol or drugs to escape.

When you start turning to unhealthy habits for comfort, it's going to lead to additional issues. You'll also feel unhappier, particularly if you drink in excess.

Alcohol is a depressant which can leave you feeling a lot worse than you started.

#### **4- Weight gain**

Many people who don't take care of themselves, experience some level of weight gain. The more weight you gain, the unhappier you are going to be. It can be difficult to lose weight, so focus on self-care to help you to avoid this potential challenge.

#### **5- You never feel good enough**

Self-care is something you do because you are worth it. Therefore, if you fail to take care of yourself, you can end up feeling like you are never good enough. As you are constantly tired and juggling life's responsibilities, you may feel like you are a failure, or you simply don't measure up to others.

These are just some of the things that can happen when you don't follow a self-care routine. The effects can be severe, causing you to lead an unhappy and unfulfilled life. So, if you're looking to lead a happier life, now is the time to start focusing on your needs and making self-care a priority.

Finding time to invest in self-care can be challenging, especially when you live an extra busy life. When your days are spent bouncing between work, family and social commitments, there can be little time left to catch your breath let alone take time to care for your physical, mental and emotional health. If you are struggling to find time left for self-care, try these four tips to incorporate good self-care habits in your routine.

#### **1. Establish a morning routine**

Starting the day right is a good way to ensure your mental and physical health is maintained. This might include a healthy breakfast, daily exercise or meditation; figure out what works for you and implement it daily. Over time this will become a habit, helping you to take some time for self-care every day.

#### **2. Schedule time off**

It can be easy to find yourself in a cycle of continuous activity, moving from one activity to the next until it seems you are just going through the motions. Make sure you don't get lost in the chaos by scheduling some time off. It might be an afternoon away from your normal routine, or something

more extravagant like a weekend away or vacation. Whatever you choose, taking a break will allow you to relax and rejuvenate.

### **3. Get enough sleep**

It can be easy to prioritize other commitments over sleep, but the importance of sleep should not be underrated. Getting good quality sleep allows your body to heal and re-energize, helping you to perform in all areas of your life. It can also be hard to maintain a healthy lifestyle without proper sleep as we tend to make bad diet choices and avoid exercise when we are sleep deprived. Sleep is critical for physical and mental health, which is why it should be made a priority regardless of how busy you are.

### **4. Set realistic goals**

Manage your mental health by setting realistic goals. There's no point committing to something that is unachievable or will put so much pressure on you that you feel like a failure. Spend some time considering your aspirations and make goals that are challenging, but possible for you to reach. You also need to set realistic goals when it comes to your self-care commitments. Add things to your routine that will work long term with your lifestyle.

With limited hours in the day, it can be nearly impossible to make time for self-care. Hopefully, these tips can help you incorporate self-care into your schedule so that you can live your life to the fullest.

**Outro:** Thank you so much for listening. If you enjoyed this episode, please subscribe and share it with your friends and family. I'd also love to hear your thoughts and experiences, so leave a comment and share them with me.

Also, join my **FREE** Facebook group **“Mindset Mastery for Business**

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”, and discover more. The link to join is in the show notes.

Stay tuned for the next episode, where we'll continue to explore important topics related to being whole, happy, and successful.

I am so looking forward to talking to you next week.

Expect the best and the best will happen to you.