

The Best Luxury Is the One You Treat Yourself With

Self care. It may not seem like a big deal, but it is. I know from experience that life is not always as expected. Self care is when you do something that gives pleasure to yourself or makes you feel good. Self care comes in many different forms. You make a living from self care, i.e. you just do it, and by doing so, you make yourself feel good. As self care comes with hard work, you make choices that are good for your mental, physical, emotional, social, and spiritual health. We have all been there: working hours upon hours, sleepless nights, feeling depressed, anxious, burned out, and so much more. And one thing we often overlook is taking care of ourselves. Your well being should come first before anything. As we go through life we need a little joy and happiness. From day to day, life goes on, but never runs on and on. You need to take care of you, too. Making sure you have time to do things that you want to do, and know how yourself is just as important as anything else.

Focusing on yourself makes the world go 'round. We don't need it everyday, but once in a while, man, once in a while, make your endorphins be like, you have this one day, treat yourself and you deserve it! I can relate, and from my point of view, it's great. Hardwork and dedication makes you tired, so when you are, and it's time, treat yourself.

Self care is not only good for you, it's good for the others around you, too. As we take a moment to just freshen up, talk to friends, or even just getting a good amount of sleep, we are improving our skills to take care of ourselves. When we have pleasure in something that we are doing, we are helping others by not being so moody, not feeling like you have no one to talk to, or just feel good about yourself. Can we take a moment out for us? To see how we are doing in everything that is going on. Make sure you are okay.

Tchiki Davis, who has a PhD in happiness, says, "Practicing self care isn't always easy" (Davis). The worst part of self care is feeling guilty, feeling guilty for the things that you are doing to take care of yourself and thinking about how others perceive you. They may say you're

selfish, but in reality, you are not. Taking care of your well being is more important than thinking about how someone sees you.

Focus on yourself. You make the changes. You see what happens. Some ways you can focus on yourself are by drawing, listening to music, writing, reading, socializing with friends or family, and taking a walk. Small things like that are self care. Going all out for one day, dressing up and going somewhere, baths, showers, cooking, shopping and so much more big things you can do to make you feel good. In times, there will be obstacles that get in the way.

Encouragement from yourself is all you need. Have that one good friend always by your side and make the most out of it. We as a community make differences.

In conclusion, self care is very important, due to mental, physical, social, and spiritual health. Being sleep deprived is not good for you. Make sure you get enough sleep and get time to yourself. You're not being selfish; you are doing yourself some good, and it is helping you by helping the others around you. Getting enough sleep helps others around you by preventing you from being mean to them or being cranky. As we all go through life, we make it through somehow, and one more thing to add is self care. Taking care of yourself is #1 on the list.

Works Cited

Davis, Tchiki. "Self-Care: 12 Ways to Take Better Care of Yourself." Psychology Today, Sussex Publishers, 28 Dec. 2018,
www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself.