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You're overwhelmed at work. You have a lot of projects put together at home, and your calendar is full of overdue tasks. To make room for all this, you skip lunch, stop going to the gym and forget about your social life altogether. When we're stressed out, self-care is usually the first thing that goes. It's only going to make things worse. As fluffy and indulging as the phrase self-care may sound, it's just a few basic habits that are crucial to your actions. Most of us grew up believing that the more you sacrifice, the greater the reward. For example, in high school, I once enrolled in a debate tournament and forced myself to stay all night preparing. I thought it would have to pay to push into exhaustion. The next day I was so exhausted that I could barely form consistent sentences. The point is, it's easy to take the hard work-worth-out saying too far, to the point where it becomes harmful. Your abilities are worn out. Your skills aren't as sharp. You're losing focus. You may think you did a lot, and maybe you are in some way, but you don't work effectively. Self-care is not only important, it is important that it is easy to neglect to take care of ourselves, because when we are busy and confused, even a little amnesty feels like a luxury. Do you spend time eating lunch, working out and hanging out with friends? It just feels like lazing. However, G/O Media can get commission2-pack: Juku STEAM Coding SetsThat's mindset will backfire. Self-care really helps you progress faster for a few reasons:Burnout is real, and you've probably experienced it before (if you don't experience it now). Read moreJoy I treat self-care as a reward. I'm so hungry, I can barely think, but I force myself to finish a batch of work before lunch. What I really do complicates my job by letting myself run on fumes. In other words, self-care is not a reward. It's part of the process. Sometimes, however, we get used to rewarding ourselves with lunch or even a trip to the toilet that we forget exactly what it means to take care of yourself. Awards can motivate us to work hard. They're light at the end of the tunnel. Nniiden... Read moreMake Time to eat well and exercise, even if you are busy Exercise is easy to neglect when you are oversized because exercise requires time, energy and often changing clothes or showering. It's scary, messy and uncomfortable. However, it is important, so you want to give it time in your daily routine. Consider working with a training buddy or group to hold yourself accountable. If you're busy, try an app like Sworkit. It suggests special exercises and routines based on how much time you have, even if it's only five minutes. Or gym close by or even better on your way to work. Here's how to get a workout and win traffic. Of course, no matter how busy or unmotivated you are, sometimes you just have to get up and do it. Everyone wants to eat well and find good food for them, but when busy it is difficult to cook or plan meals. When I have three deadlines on my tail, I'm much more likely to try overexpating pizza than making myself a salad. It is also difficult enough to eat healthily in a world full of processed food. Start small, as your own Beth Swarecki suggests. You want to eat less sugar? Control carbohydrate intake? Focus on one area at a time instead of trying to overhaul your entire diet at once. Sometimes eating rubbish also feels like self-care. I often treat myself to a handful of Oreos. There's nothing wrong with that, but in contrast, I think of healthy food as the enemy, so I don't eat it as much as I should. This really means that you change the way you think about eating altogether, but you can start by trying healthy foods that you might actually like, rather than trying to force yourself to eat the stuff you hate just because it's healthy. Exercise Good emotional hygiene The physical aspect is of course important, but when many people talk about self-care, they talk about emotional health: dealing with stress, anxiety, sadness, depression. And that's probably because we tend to ignore it more. As psychologist Guy Winch asks: We brush and floss, but what daily activities do we do to maintain our psychological health? When you feel strong emotions , for example, stress or anger, dealing with it helps to take a quick break. What do you feel and why? It can help run down a list of a list of words that will help better locate your emotions. For a long time, when I was anxious or stressed, I worked through it in frustration all the time. For example, if my boss asked me to fix something I worked, I'd get nervous and stressed, I'd rush through it while beating myself up about failure. I was hurt and furious - I wasn't the best condition to get things done. Instead, I am now trying to set aside a minute to acknowledge my feelings, although I admit to myself that I feel abandoned. I just stop what I do, walk away for a while and locate my feelings. Its recognition has a practical purpose. It forces me to slow down and think more rationally. It's like taking a break. It also prevents my emotions from taking over even more. My boss tells me to fix something and I feel abandoned, but now I know it. So when I start telling myself that I've failed, it's much easier to remind myself: You haven't failed, you just feel this project right now. Because time is so precious and our lives busier than ever, we're probably all inclined to try Read moreRead diary reading is also a good idea. It's cathartic. In a study in advances in Psychiatric Treatment, researchers found that journals of 15 to 20 minutes helped study participants cope with traumatic, stressful or emotional events. I know it sounds like a very sensitive feeling, but that's the point of emotional hygiene. You want to spend time on your emotions so you can control them and get back to work. Managing them means acknowledging and understanding them. Some of the most influential people in history kept detailed magazines about their lives, including... Read moreIf your emotional pain is particularly difficult to control, you can consider finding a good therapist or counselor. If you can't afford one, try calling 211, the FCC line that connects you to local community services. Protect Your ScheduleA few years ago I worked continuously 50-60 hours a week, and predictably I was stressed, irritated and inaccurate. This is common, according to a study by John Pencavel of Stanford University (PDF). He found that after about 50 hours of work, employee productivity and production plummet. Protecting your schedule often means learning to say no to things, which can be difficult. Wharton professor Adam Grant suggests:Deferral: I'm overwhelmed right now, but feel free to followMeg: I'm not qualified to do what you ask, but here's something elseJohdanto: This isn't in my wheel room, but I know someone who can be useful Not only do you have a boss or a manager who asks too much. In this case, you may need to make time to discuss your workload and responsibilities. That is easier said than done, and unfortunately not all bosses understand the need for self-care. However, it is better than just continuing to do so. If you are like most people, you are likely to feel overworked and possibly appreciated. You have... Read moreMaybe however, you are the one who squeezes too much into your schedule. One way to combat this is to add empty transactions to your schedule. This way, if the task takes longer than expected or something else comes up, you've budgeted for more time. Finally, squeeze time into your schedule for yourself. Create some free time in your schedule so you can focus on the activities you enjoy: reading, catching game highlights, watching the clouds. Block that time in your calendar, too. Then do everything you can to defend that time. The more you can do it, the more others want to eat your time. If you let... Read moreThend your time (and money) about what's importantIf the rush feels good. When I worked 50 to 60 hours a week, I felt like I was only successful because, I worked all the time. I didn't necessarily get it. Got. Although. It was the illusion of progress. In fact, I left a lot of goals that I wanted to achieve in exchange for the satisfaction I got when I crossed things from my to-do list. Sometimes real progress means unproductive. It can be difficult to put tasks and obligations away, but sometimes that is exactly what you have to do in the spirit of self-care. Focus on one big thing every day that makes you feel implemented, as company coach Mark McGuinness suggests. This way, you know what's really important to you, which makes it easier to prioritize time accordingly. And your money is a lot like your time. We all use that waste then, and that's to be expected, but ultimately you want to spend it on what's important to you. When we're stressed out, it's common to spend insanely. It usually makes things worse because money is a huge source of stress for many of us. One of Lifehacker's main tasks is to help save money. But once you've saved money, where you should read more About Learning to manage it, there's another way to embrace self-care, and you can start by creating a budget with a purpose. Although the purpose is to get out of debt, it helps to indicate why getting out of debt is important to your outcome. Maybe you want to travel. Maybe you want to feel safe. Anyway, make a goal out of you, and in addition to feeling better, you're also more fit to stick with it and therefore less stressed. Taking care of basic physical and emotional needs should really be the backbone to get things done, but ironically, self-care is usually the first thing that goes. If it's gotten to the point where you may even have forgotten what caring for yourself means, these points should help you recover. Illustration: Fruzsina Kuhári. Kuhári, what are you?

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