

Retiree Benefits News



Self-Care Awareness

September is National Self-Care Awareness Month, a time dedicated to promoting intentional activities that maintain your health and well-being. It serves as a reminder that self-care is a necessity and not a luxury and can look different for every single person.

Increasing self-awareness can take time, practice, and patience. This is an excellent time to intentionally integrate these practices into your daily routine to foster deeper understanding of yourself and improve overall well-being.

- **Each day, take 5-10 minutes to reflect on the day**, the experiences you've had throughout, how you felt, and how you reacted. Writing these reflections in a journal can help aid you in your reflection.
- **Do something for YOU each day!** Often, we get very caught up in doing so much for others, which is great; however, if you are spending all your time doing things for others while putting your own needs aside, you are more aware of others needs than your own. Give yourself the time and space you deserve too. Remember, you can't pour from an empty cup.
- **Seek therapy if needed.** Therapy can be a great place to unpack self-awareness and self-exploration. Especially if you are diagnosed with a mental health condition. Therapy can help walk you through different tools that can help work through your cloudiness, which is hard to do on your own.
- **Get outside!** Studies show getting out in nature can shift your mindset and make you more in tune with yourself, your mind, and your body. Prioritize this, even if it's only a 5-minute walk, especially this time of year when the temperature is perfect.
- Meditation can also be a great tool to practice self-awareness. Not sure where to start? Check out **Self Awareness Meditation** on Youtube or download a meditation smartphone app like **Headspace**, or **Calm**.

As you move through National Self-Care Awareness Month and beyond, remember that nurturing yourself is an ongoing journey, not a single destination. Prioritizing your well-being allows you to show up more fully for yourself and for those around you. Embrace self-care as a vital, everyday commitment—one that empowers you to live with greater balance, presence, and authenticity. Take small steps, celebrate your progress, and honor your needs; after all, investing in your own care is the foundation for a more fulfilling and resilient life.