

the *self-care* practise that works

Taking care of ourselves can be a difficult task. With so many self-care tips and tricks, it can be quite overwhelming to find one that truly works for YOU. Here's one practice that works in bringing peace to your day to day.



It's a new year, but you already feel overwhelmed by a lot of things. Maybe a number of last year's stresses spilled over into the new year and right now, you feel stressed and anxious, because a fresh start just isn't a reality for you at the moment.

It's OKAY. Deep breath.
It's going to be okay.

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We all have to learn to take care of ourselves. Sure, we've all seen the popular posts about self-care tips and mental health checks for when times get tough. But, have you actually tried any of those self-indulging things like taking a long bath, writing a gratitude list or starting a new hobby like adult colouring?

No, not really.
You know what? Me neither.

Despite my reluctance to take up some of these self-care tasks, I'd like to know that I am actually taking care of my well-being. It really is not a matter of whether I want to, but HOW?

I have come to find that there is one tip, or practice -if I can call it that- which genuinely helps to set my mind and heart at ease. This is a habit that I've been practicing several months now and I've found that it's quick, easy and totally effective! Don't get me wrong, it's not a quick-fix to all your wellness concerns, but it definitely helps to slow things down and bring some perspective to your current situation in, well... life.

So, here it is – my method for staying out of madness in 2021:

I practice being PRESENT, at least once a day for about one to five minutes. Yep, that's it. Some also call this practice mindfulness. Now I know that you've heard that word before, because it gets swept up in all things calm, self-care, and meditative, but trust me - this one works.

What being present really means, is allowing yourself to BE ALL THERE where ever you are, with whatever you find yourself doing. It entails the utter abandonment of anything that is trying to keep you restless and juggling -or as we proudly call it, multitasking- two or more things at the same time.

Our current society demands of us to always be busy with several tasks simultaneously. However, this is a dangerous way of living 24/7. We need to put time aside to just enjoy ONE thing at a time - even if it feels insignificant or inefficient. The fast-paced world of the today has forced us to be wired for quantitative activity over qualitative activity.

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I, too, am guilty of doing so many things simultaneously, that when I look back at my day or week, everything seems like one big, busy blur. Yet, when I practice being present every now and then, I discover a sense of sanity within the whirlwind of a busy life.

Here's how you can go about it.

Choose a mundane daily activity. It can be anything – planning your day, driving to the grocery store... Anything. Make up your mind to give your untethered attention to those few minutes of driving, writing, going through messages on your phone etc.

Hopefully, what you will experience during this time is complete focus and a new appreciation for small details you normally overlooked. It's sort of a wake-up call to appreciate life's precious moments, to steal Lesley Green's phrase, 'a birth to presence'. I like to call it being present, rather than just being mindful, because it requires more than just your mind's attention. It requires the attention of your body, your emotions, and even your senses. It asks of you to fully immerse yourself in the present moment.

I suggest you give it a try.

Whatever you find yourself doing – cleaning the house, working on your computer, making a to do list - be PRESENT as you do it.

This one practice has enabled me to listen to the sounds that buzz and whiz and tap around me. To experience colours, textures, to truly SEE people, and to breathe slower for the two minutes that I allow myself to be fully here. Fully alive and fully present.

Now, it's your turn.