

Extreme Self Care

EXTREME is not a term usually connected to self-care. Self-care usually portrays a picture of gentleness, kindness, loving self or being nurturing. People don't consider it necessary to take extreme action when it comes to self-care. Why?

First the word extreme is often only associated with dangerous sports or foolish actions when in reality it relates to any area where you try something new or push your personal limits to experience the fullness of life.

Second, most of us don't know what self-care is really like or we may feel we will begin practising self-care when we have enough material security that allows us time to be so indulgent. You put your needs second for many years and then if and when the time comes you may not know how to do it because you haven't developed the habit of self-care.

In reality practising extreme self-care actually produces more time, space and money in our lives. When we truly care for our own needs first, we build a reserve of energy and resources that enables us to sustain extreme self-care in our own life with enough left over to care for others.

I challenge you to choose one thing this week that demonstrates extreme self-care in your life. (Have a massage, read a book, get a house cleaner, do your favourite whimsical thing, have a check up at the dentist, stretch, say no). Notice the happiness, energy and well being you create by practising extreme self-care.

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