The importance of self care

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Self-care is a phenomenon that is interpreted by many in various ways. Some identify it as going out for a walk, doing something to physically feel better (such as getting a manicure) or simply just focusing on doing nothing for a change. The underlying truth is that for some people, the idea of doing nothing can truly impact their emotional state. This writer has a difficult time doing nothing. At times having no responsibility even seems strange and causes more anxiety than being in relaxation mode, this same concern enables many people worldwide. Thenapministry, (2020) in *A grind culture slows you down would you*, shared that people seem "super productive and focused on doing" which can be impactful for some. This ma also cause other consequences to emerge. It is no longer about feeling relaxed, nor feeling less anxious it should be being able to ensure stability mental and physically. This may lead to undergoing concerns that later on can even become something serious, such as depression. Self care is not just about doing something to feel good at the moment, it should focus on processing thoughts and feelings however, other circumstances can and will emerge especially in society today.

The idea of self-care can be enabled with the amount of availability that things such as technology can have. The availability that technology encompasses allows some to forget about taking a break. Zenna Regis (2019) declares "technology has blurred the lines between work and pleasure by keeping us always available and always on". Although technology can be truly a benefit perhaps it can also be a form of abuse. People tend to rely on technology to the point that they are constantly paying attention to their phones. This writer agrees with Regis, technology allows people to always be available. Technology taking a huge toll on the way it's used worldwide due to COVID-19 is an example that people do not have to be at their job site to get the job done. Meetings and even schooling for children are being done using different methods

of technology. Imagine the impact that these children and employees encompass with utilizing

technology for labor and educational functions on a daily basis. At times jobs can also lead to

exhaustion and people not being able to rest, same thing applies with scenarios that also deal

with schooling.

At times self-care is not just about one self, it can also include a community of people.

Heather Dockray (2019) learned about community care; which focuses on more than one person

being involved with the wellbeing of someone. Community care can lead to simple connection

even via the web with someone or a group of people. Some professions can certainly benefit

from this type of mechanism, especially those who work with vulnerable populations.

Community Care is a form of network used to ensure the well being of others, although to be the

provider or leader of a community care group can also cause deficits in self-care. Another role in

these community care leaders can also be generalized, without realizing that in some cases a

specific gender dominates this area.

Gender within many aspects can lead to identifying ways of which people can be affected

by not doing the proper self-care. Research by Ayala and Almond (2018) suggest that women

who are enrolled in a health service psychology program can have a hard time identifying ways

to conduct self care. As per the article, "women in psychology learn to prioritize care for others

over care for oneself" (Ayala & Almond, 2018). As essential as it is to care for others, the crucial

component should be that one should care for oneself before they care for others. This article

focuses on the approach of community care, however it encompasses gender as a motive to

separate potential identifiers. Students such as the ones participating in the study demonstrated

the effect that being part of a human health program can impact their self-care operations. In the

study, Ayala and Almond (2018) mention that graduate education in health comes with stressors

such as financial, relocations, additional responsibilities and many others. Being part of such a

demanding program can deter the role of self-care in women. Selecting a graduate program

because you want to provide help to people demonstrates the passion for the vulnerable.

Graduate school is not the only method that can trigger self-care deficiency, trauma may be an

exposure that can also harm self care.

      The effect on trauma or secondary trauma as Butler et al. (2016) suggest that can lead to

declines in self-care. A study was conducted for the purpose of looking at how the exposure to

trauma or secondary trauma can affect people. During the study graduate students who were part

of a social work training program were able to explore ways that the program itself led them to

not focus on self-care. This study can also be related to the community care concept as per the

field in training marks and impacts people. For the students that have not experienced trauma, as

they were assisting clients they were exposed by secondary trauma (Butler et al., 2016).

Additional stressors within the study reflect poor supervision, professional self-doubt, time

constraints and others (Butler et al., 2016). The article suggests that with the students in training

being exposed to these traumas, they were still impacted. The involvement the students have

with the clients and themselves has impacted both parties in many levels. Whether trying to

further education in a professional level, advocating for more than one person or even using what

is felt as the right thing to do, self-care should be on top of that priority list.

      This writer can relate to the community care component of self-care. At times, the

importance of knowing that vulnerable people rely on the outcome of that community care

process can cause satisfaction. The idea that one should take care of others is evidently

important, but one should also take care of oneself. Exploring the outcomes of the above studies

and resources created a clarity on the evident ways that not conducting actions of self-care can

influence someone. One of the recommendations in the articles suggested a self assessment. Self assessment is based on the study that informed many readers that when dealing with populations who have faced some type of trauma it can evoke an emotion in someone. Within this writer's current job and position in school a self assessment can provide some guidance on how to progress with handling trauma related concerns.

Part of enduring a journey in becoming a mental health counselor means being able to be part of a network of community care, however self-care should be the first step. Some methods that can be used not to get to the stressed out stage involve creating balance, taking time to focus on meditation, and exploring a physical activity (yoga or exercise). Exploring faith can also be a self-care area to explore. In a world that so many people rely on others and so many concerns are exposed on a daily basis, the importance of allowing every person to go through their own speed and process will lead to a successful outcome. The wellbeing of each person worldwide initiates from the time that the person wishes to focus and not allow other distractions to interrupt their mental stability. It may sound easier than it actually is, but there is potential and hope-- but first take care of you.

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