10 ways to practice self-care and self-love every day

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Self-love can mean many different things from one person to another. But everyone strives for happiness and well-being.

Valentine's Day is around the corner. And as happens every year at this time, you'll be reading about tips to help you choose the best gift for your partner. But what about you? What if, for once, you decided to give a gift to the most important person in your life - you? A timeless gift that will last a lifetime and change you forever?

Here are 10 ways to practice self-care and love yourself unconditionally every day.

1- Take time to stop

The day has barely begun, and you are already running around? This mad race against the clock prevents you from stopping and savoring the present moment. When was the last time you sat down comfortably, without your phone, away from the screens, to enjoy your cup of coffee or tea? When was the last time you actually listened to a bird sing or watched a beautiful sunset?

As you can see, taking care of yourself often involves simple things that do us so much good.

2- Take time for yourself

We spend our lives taking care of others, putting their needs before our own. What if, for once, you learned to regularly take some time for a one-on-one with yourself? There is no better way to reconnect with yourself.

Take the opportunity to do things you enjoy: a skincare routine, a walk away from the hustle and bustle of everyday life, art or dance classes, etc. What is important is to find something that makes you feel good.

Self-care means putting yourself at the top of your list of priorities.

3- Celebrate your victories, no matter how small they may be...

Are you the type of person who sees the glass as half-full or half-empty? Recognizing your small victories on a daily basis is another way to practice self-care. It helps you appreciate what you've achieved, keeps you motivated, and reminds you how amazing you are. Great things are the sum of small things and never forget that.

Discover the benefits of practicing gratitude.

4- Be more indulgent with yourself

Perfection is not of this world. Stop setting unrealistic goals for yourself. Why do you forgive others more easily than you do yourself? After all, you too are human, with your weaknesses, frailties, and flaws... Isn't that what makes you unique? Accept yourself as you are and consider your mistakes as opportunities to learn, improve, and not to self-flagellate.

5- Surround yourself with positive people

What kind of people do you spend more time with? People who motivate you, encourage you, make you feel extraordinary, or on the contrary, people who put you down, make fun of you, and drain all your energy? People in the second category simply do not deserve to be in your life. As Jim Rohn said, we are the average of the five people we spend the most time with. It may be time to clean up your social circle…

6- Adopt a healthy lifestyle

From physical activity to healthy eating, small changes in your lifestyle can contribute to better physical and mental health.

Physical exercise helps reduce the risk of developing certain diseases. It also increases the production of dopamine and serotonin (feel-good hormones) and lowers cortisol (the stress hormone). Choose activities that you enjoy. This is the key to staying motivated. The important thing is consistency.

Learn more about the importance of physical activity

A healthy diet can help prevent certain diseases, improve sleep quality, and promote better mental health. In this regard, discover our tips to boost your mental health through food.

7- Learn to say no

How many times have you taken on a responsibility to please someone or for fear of offending them? You have the right to say no, whether at work or in your private life. Despite all your goodwill, you can't be available all the time for others. You owe it to yourself to consider what's best for you.

8- Stop comparing yourself to others

Unfortunately, we live in a society where we give too much importance to appearances. But remember that you don't have to go with the flow. Keep in mind that appearances are deceptive.

Learn to appreciate what you have and stop putting unnecessary pressure on yourself. If you try to compare yourself to others, you will think that you are not good enough and that your life is too ordinary. Not to mention the energy it takes. The only person you should compare yourself to is yourself.

9- Remember that you are unique

Everyone has their own definition of happiness. For some, it's taking a walk in the forest, going on a family road trip on the weekend, or sipping a good tea while listening to their favorite songs. For others, it's driving a luxury car, exploring a new country, going to a restaurant every weekend... You are the only person who knows what makes you happy. And you don't have to justify yourself.

You are unique. Embrace your uniqueness. As Oscar Wilde said, be yourself, everyone else is already taken.

10- Don't hesitate to ask for help

Everyone faces difficult times in life. You don't have to go through this alone. Instead of shutting yourself off, ask for help from family, friends, or professionals. There will always be a caring ear ready to listen to you. Practicing self-care also means accepting that sometimes you can't do it alone.