

## The Benefits of Making Your Self-Care a Priority

What are some reasons that self-care is important and how do we benefit by making time for self-renewal?

- By filling our cups first, we tend to feel more generous and can avoid building resentments toward others who demand our energy and time.
- Making our self-care a priority is one of the best ways to validate and honor our own worth, which naturally enhances true confidence and self-esteem.
- Taking care of ourselves on all levels (physically/mentally/emotionally/spiritually) helps us feel alive and whole, able to function at our best and do all the things we want to do.
- By taking time to care for ourselves, we renew and restore our energy supply and create energy reserves so we're able to weather unforeseen challenges more easily.
- Nurturing ourselves makes us naturally feel more loving, which makes us better friends, partners, parents and more fun to be around!
- Practicing self-care and being loving and gentle toward ourselves helps us to be more present and calm, so we can respond wisely, intuitively and effectively to a variety of circumstances.
- Honoring and nurturing our essence provides us with opportunities to experience profound spiritual and personal growth.
- Owning our personal power (realizing our potential) is our birthright. Self-care, self-love and self-acceptance are wonderful avenues for reaching this goal.
- When you feel good on the inside, you look good on the outside. Nurturing your essence—inside and out—promotes overall well-being and a sense of vitality.

From *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate, and Re-Balance Your Life* by Renee Peterson Trudeau. [www.reneetrudeau.com](http://www.reneetrudeau.com)