

# SELF-CARE: EASIER SAID THAN DONE

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March 18<sup>th</sup>, 2021



Self-care is talked about all the time, but how often do you or your loved ones practice it? Self-care is a vague term that can look like many things for each individual person. Understanding how you and your loved one's recharge is a necessity, especially in isolation. Here is a step-by-step guide on learning self-care!

## **What Makes You Exhausted?**

Think of your daily schedule, perhaps you have a lot of meetings, and talking to people all day makes you tired. Or perhaps your motivation has gone out the window because you've been locked inside for a week. When you identify the things that wear you down, the opposites of those things will likely lift you up. For example, if talking to people all day makes you tired, you need to schedule time where you won't talk to anyone. If not talking to people *enough* is the problem, schedule calls and online events with your friends!

## **Putting Self-Care Into Daily Your Life**

Once you've got a list of those opposites, brainstorm how you could incorporate them into your daily schedule. Look at your calendar and make it a priority to schedule consistent time for self-care sessions. By implementing it daily it doesn't have to be long, a 10 min walk outside or a 5 min Facetime with a friend can do the trick. Self-care should not be a luxury; it is a necessity for your functioning as a human being.

### **What if it doesn't work?**

It's okay for it not to work, especially on the first try! You can adjust your self-care based on what went wrong. For example, do you keep getting interrupted by noises in the background while trying to meditate? Find a place outside, or simply hide in your room and put your headphones on with some calming music. Do you keep accidentally scheduling plans over your self-care time? Make sure you are treating self-care as high of a priority as any other meeting, it's not free time to plan over. Practice being adamant about this with yourself, and soon you will be able to be adamant about this with others! If adapting your current activities doesn't work, change them into new ones and experiment.



### **It is ok to ask for help, you are not alone**

If you still are not feeling better after some time, you might need support from others, and that is okay. It's okay to ask for help. Reach out to a trusted adult and they can help direct you!

### **Resources / Organizations**

Teen Link

<https://www.teenlink.org/> 

(866) 833-6546

Teen Link is a Washington group centered around teens offering support for teens, but there are adults available as well. You can text, call, or chat online with a Youth Crisis Specialist, anonymously and under confidentiality. The Teen Link website also provides resources for mental health, substance abuse, stress, and other teen-related topics, including a resource guide called Where to Turn for Teens (WTTFT).

## The Garage

<https://www.issaquahteencafe.org/> 

(425) 395-7341 

@thegarageissaquah

The Garage is a nonprofit teen café in Issaquah, a safe space created exclusively for teens. All services provided by The Garage are free of charge. Currently, the café space is available for five teens at a time to sign up to do remote learning at The Garage, following COVID-19 guidelines. Teens can also book free virtual counseling sessions on Mondays and Tuesdays.

## Friends of Youth

<https://friendsofyouth.org/mentalHealth.aspx> 

Issaquah (425) 392-6367 

Duvall (425) 844-9669 

North Bend (425) 888-4151

Friends of Youth provides counseling to youth and families, individually and family. It is important to note, however, that there are fees associated with Friends of Youth counseling services, meaning a guardian is required to handle insurance and fees.

## Youth Eastside Services

<https://www.youtheastideservices.org/services/counseling/>

Youth Eastside Services is a licensed clinical team providing counseling services for youth and families. Similar to Friends of Youth, a parent must be aware of this counseling in order to handle fees and insurance.

**Your needs are important and cared about.**