**Create a Self-Care Journaling Routine**

Unless you have been living under a rock, you are probably well aware of what self-care means. It is the act of doing something for you, and only you, to help with overall health and wellness.

You can also combine journaling and self-care to create a healthy routine each day that will improve your life, health, and happiness.

Don’t think of it as something selfish, but more as improving yourself, so that not only you benefit from it, but other people do as well. It is something everyone should strive for. You want to be the best version of yourself, but in order to do that, you need to take care of yourself.

Keep reading to learn how you can take the simple act of journaling to create a self-care routine.

**What is a Self-Care Routine?**

A self-care routine is something you do each day, typically around the same time each day, that is meant to be just for you. This can be as simple as watching a movie, taking a bath, or walking your dog. You want it to be something that makes you feel at peace, reduces stress, and helps you to spend at least a few minutes a day to yourself.

Everyone needs to unwind and relax at the end of the day (or the beginning), but far too many people get wrapped up in their busy lives, they don’t even take the time out to do it. Make yourself a priority, and you will see what a drastic difference it has on the rest of your life.

*Creating Your Self-Care Routine*

There is no right or wrong way to have a self-care routine. It can include just one thing or a combination of things each day that will help you practice self-care and do something for you. Remember that it isn’t meant to be something that makes you feel selfish, but is important your for emotional wellbeing.

The self-care routine is going to be unique for you, but here are some things you might include:

Writing in your journal.

Having a morning cup of coffee or tea.

Writing in your planner.

Taking a hot, bubble bath.

Meditating with an essential oil diffuser.

Going for a walk.

Sitting outside for a few minutes of alone time.

Relaxing on the couch with a good book.

*Choosing the Right Time*

Once you have chosen what to do during this self-care routine, you can then decide on a good time. The two most obvious times include the beginning or end of the day. The best time is also individual for you, so it depends on your schedule and when it is more likely you will have some time alone.

*Can you wake up earlier than your family?* If so, this might be good for you as you can have 10-15 minutes (or longer) in the morning to get ready for your day.

*What about at the end of the day?* If you live alone or your roommates are busy in the evening, this might be the perfect time for a little self-care.

**Use Journaling as a Catalyst**

The reason journaling goes hand-in-hand with a self-care routine is because it becomes a catalyst. Journaling is often what sparks the idea of having a routine just for you each day. Maybe before you didn’t see much reason, but now that you are writing in your journal every day, you have the desire for a few minutes alone.

Most people prefer to write in their journal when they are completely alone, whether it is in your bedroom at night or early in the morning while sitting at the kitchen table. This becomes a very personal and private experience, so it is good to not have outside distractions.

**Mix it Up**

Don’t forget that once you settle on a routine, it doesn’t necessarily mean that is the end of it. You can always switch it up by the day or week, depending on your schedule or what your days look like. Add more things to the self-care routine or take away activities that don’t seem to be working well for you.