After-Work Rituals for Proper Self-Care

When was the last time you indulged in an act of self-care? If you can't remember the last time you did something just for yourself, it's time to change that. Self-care is more important than most people realize. We all need to relax and recharge sometimes, but many of us forget to care for ourselves in between taking care of other people. Here are five quick, simple self-care rituals you can do after work.

**1. Write in a Journal**

If you ever feel like your mind is racing or your thoughts are all jumbled inside your head, writing in a journal will help. When you get into the habit of putting a few sentences down on paper every day, you'll feel calmer and more collected. You'll start noticing patterns in your life as well. Find a notebook and a pen that feels good to write with, and try unwinding from work by jotting down your thoughts for ten minutes.

**2. Read a Book or Magazine**

When was the last time you got lost in a good novel or thumbed through a magazine? Reading is a great way to escape your day-to-day life. Treat yourself to a bookstore visit, or swing by your local library on your way home from work. Set aside half an hour every evening to enjoy the books you bring home.

**3. Meditate**

Meditation isn't just some esoteric art that only monks practice. Anyone can learn to meditate, and it's an excellent form of self-care. There are lots of different types of meditation you can choose from, and you can meditate for any length of time, whether you've got five minutes or half an hour. If you're a beginner to meditation, start by sitting down in a quiet place, closing your eyes, and focusing on your breath for ten minutes (set a timer). Try to do this every day. Over time, you'll find yourself getting distracted less - and feeling more centered in your day-to-day life, too.

**4. Make Yourself a Cup of Hot Tea**

Drinking tea is a simple, soothing self-care ritual. Keep a box or two of your favorite tea on hand, and get into the habit of putting the kettle on when you get home from work. Don't just sip your tea mindlessly - focus on its taste, the scent of the steam, and the sensation of warmth as you drink it. If you'd like, you can make a cup of tea to enjoy while you read a book or write in your journal.

**5. Tell Someone You Care About Them**

Sometimes the best way to care for yourself is to connect with someone else. Humans are naturally social - we need love and friendship to stay mentally healthy. If there's someone in your life you haven't talked to in a while, call them up just to say hello. If you live with a spouse or kids, tell them how much they mean to you.

Self-care isn't about expensive spa days or shopping trips. In fact, the most effective self-care rituals tend to be the simplest, and they're often free. When you come home after a busy day at work, use these ideas to recharge and reconnect with yourself.