Self-Care and Wellness for Women

While you might focus a lot on your physical health, working hard to lose weight and avoid certain medical conditions you are prone to, you should also focus on your mental health. This is when you think more about general wellness and practice self-care. This can benefit nearly every facet of your life. Here are some easy ways to practice self-care and wellness as a woman.

**Exercise Daily**

The first thing you can do in order to pay more attention to yourself is to exercise. This isn’t just for fitness or weight loss, but because it can help your mental wellbeing as well. Exercise is great for boosting energy and getting in a better mood thanks to the endorphins that are released. Exercising can also be wonderful for relieving stress, with just a few minutes of a walk each day. Try to find ways to get your body moving every day, whether you take a walk during your break at work, you go to the gym in the morning, or you try hiking during the weekend.

**Find More Alone Time**

As a woman, your days are probably over-filled already with things to be done, but make sure you find some time for yourself. This might be just 5-10 minutes a day, so make it count. Depending on your schedule, you can choose what time of day is best. This might be a 20-minute bath in the evenings after you have put the kids to bed, or a few minutes in the morning with your cup of coffee before the rest of the household wakes up.

**Write in a Journal**

Journaling is highly recommended for anyone, but as a woman, it is even more useful for you. You might have a full schedule, a high amount of stress, or simply need to vent your frustrations without upsetting anyone else. Journals can be therapeutic and cathartic, allowing you to narrow down what is wrong, help with physical health, and improve mental health and clarity. There really is an endless amount of reasons to write in a journal, and today is a great day to start.   
 **Stop Feeling Guilty**

As a woman, you might find that you feel guilty a lot of the time. Guilty feelings tend to be more prevalent in women, especially if you feel like you are lacking in a certain area of your life. This might be guilt over having to work while your kids are with a nanny or babysitter, guilty you don’t have enough time for your significant other, or feeling like you haven’t been spending enough time with friends. It is time to let go of that guilt and be realistic about how much time and energy you have.