

The Benefits of Natural Self-Care

Written by AZFoothills.com

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Statistics show that self-care can lead to _____

Exercise

This is the purest form of self-care there is. You can put on a pair of shoes and go for a walk in the sunshine. That is exercise. It is also a way to maintain the health of your body. You can eat healthier than everyone else but if you are sedentary for the whole day, you are not truly taking care of your body. Exercise has many benefits that lead to lifelong health. You don't have to lift weights for an hour a day or run 10 miles every morning but practicing some form of exercise is important to your overall health. Try a few different things and find what works best for you and your lifestyle.

Nutrition

Would you put only potato chips into your gas tank and expect it to get you 500 miles down the road? No, so why do that to your body? Any food that you are eating is serving as fuel for you to go about your daily activities. Eating only sugary foods will result in an endless wave of a sugar high, followed by a sugar crash. Healthy options are getting easier and easier to find and prepare for meals. Getting the right amount of nutrients is key to feeling great and being able to function in your day to day life. What you eat is a big part of self-care because it affects what you do and how you will feel.

Hair Care

Do you take a shower and use shampoo? What else do you do to take care of your hair? While hair continues to grow throughout our lifetime, it is important to care for it so that it can continue to do so in a healthy manner. Using [natural hair styling products](#) can help keep your hair more natural and healthy without adding in chemicals that could compromise its strength and body. Fragile hair can fall out easily, which is not a look that anyone desires. Stress can lead to hair falling out, so already using this type of product can help your hair be prepared and strong enough to combat the effects of stress.

Skin Care

Skin is fragile. It often flakes off, is easy to burn while cooking dinner, gets red if you spend too much time in direct sunlight, along with many more things. Taking proper care of your skin can help it stay young and healthy as you age. You can do this by actively putting on moisturiser as a part of your daily routine. When your skin isn't drying out, it will be able to stay more healthy and not stretch with dehydration. Think of the products that you currently put on your skin and make sure that they are natural ingredients that aren't injuring your skin in any way.

Meditation

Sit in silence. This sounds like the most simple self-care routine ever invented but can actually be quite difficult to do. In a world of always moving and constant distraction, it is important to slow things down and rest. One way to do this is to practice different forms of meditation. You can make this a part of your daily routine or just practice it when you are feeling anxious or stressed, whichever you prefer. Learning about the different types of meditation can help you see where you need to improve and where you are doing well with rest and calming your thoughts.

Now that you have read more about the benefits of natural self-care, you can put these things into practice today. There's no specific routine

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that everyone should follow but incorporating these things into your daily routine can work wonders for your overall well-being. Continuing to monitor your body and how it responds to different self-care practices can help you know what will work best. Making yourself a priority is the first step in this process.