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What are the different kinds of self-care?

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So there are several kinds of self-care, including the physical self-care, which includes nutrition, sleep and exercise. There's mental self-care, and as emotional self-care or spiritual self-care, and as social self-care.

Why is it important that we practice self-care?

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Self-care is really important in terms of physical self-care, which includes nutrition, exercise, and sleep, it really helps with mental clarity and focus. Self-Care also helps in reduction with stress and anxiety. Now, for the ones who practice self-care consistently, it does provide with long term health benefits, including mental and emotional. One thing, which is really important is that we probably don't realize is that self-care, helps in strengthening self-esteem, and also helps in building resilience. So when people use it wisely it helps to reduce stress and anxiety, and also helps in building resilience. So when people use it wisely it helps to reduce stress and anxiety, and also helps in building resilience.

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even if it is small. Make sure you celebrate that the more you celebrate your small achievements, the more you want to be a part of part of doing things which involve self-care.