

Three Keys to Cultivating Holistic Self-Care

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Whether you are new to holistic self-care (collective care for your body, mind, and soul) or have been practicing it for some time, this resource offers meaningful insights into developing and cultivating it. Holistic self-care is pivotal to our health as it addresses the different interconnected aspects of our lives. These include our physical, mental, spiritual, emotional, and social dimensions. When we take care of all these facets, we promote overall health and balance, reducing the risk of burnout, improving our ability to cope with challenges, and enhancing our quality of life. Holistic self-care helps us achieve a sense of wholeness and harmony, which supports our long-term well-being and enables us to be at our best for our relationships, purpose, and pursuits. Below are three keys to cultivating holistic self-care.



Key #1: Embracing the Power of Holistic Self-Care: When we truly appreciate the value of something, we naturally channel more energy and effort into it. Holistic self-care is no exception. Understanding its myriad benefits, from enhancing your overall health to enriching your life, fosters a deep sense of purpose in nurturing it. Consequently, you likely become more inclined to invest the necessary time and energy.

Key #2: Exploring What Holistic Self-Care Means for You: The pivotal aspect of discovering what holistic self-care means for you in your daily life, whether it entails moments of prayer or devotion, regular exercise, or just 15 minutes of daily reading, cannot be overstated. This self-awareness empowers you to embrace practices that are not only beneficial but also authentically suited to your unique needs. An essential aspect of this key is addressing your physical, mental, spiritual, and emotional well-being on a daily basis.

Key #3: Cultivating a Tailored Holistic Routine: Your self-care routine should be a reflection of your own needs, desires, and capacity rather than someone else's. Capacity refers to catering to what nourishes your mind, body, and soul to promote your overall well-being and thriving. By refraining from comparisons with others and setting realistic, achievable goals, you can cultivate a personalized routine that truly suits you.

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." – Deborah Day

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