

SOUL CARE

Why Self-Conscious Self-Care (Soul-Care)?

The phrase "*you must first put on the oxygen mask*" is often used as a metaphor for self-care and prioritizing our own well-being before helping others. The metaphor is based on the safety instructions given on airplanes, where passengers are instructed to put on their own oxygen masks before helping others in the event of an emergency.

The phrase means that we need to take care of ourselves first, both physically and mentally, before we can effectively help others. It's important to prioritize our own needs, such as getting enough sleep, eating well, exercising, and managing our stress, because we are better able to help others when we are healthy, rested, and emotionally balanced.

When we neglect our own needs and focus solely on helping others, we may become burned out, stressed, and overwhelmed. This can ultimately compromise our ability to help others, as we may not have the energy or resources to give our best.

The metaphor of putting on the oxygen mask reminds us that **self-care is not selfish**, but rather a necessary step towards being able to effectively help others in the long term. By taking care of ourselves first, we are better able to serve and support others.

By prioritizing rest, exercise, and a healthy diet, you can improve your overall health and reduce the risk of chronic illnesses. Plus, who doesn't feel amazing after a good workout or nourishing meal? By feeling more confident and centered, you can communicate more effectively and empathetically with those around you. When you take care of yourself, you're better equipped to care for others.

This is also an ideal opportunity for personal growth and development. By taking the time to understand your needs, values, and aspirations, you can cultivate greater self-awareness and make meaningful progress towards becoming the best version of yourself.

Positive Mindset

Develop faith in your ability to succeed by telling yourself that you will triumph. Napoleon Hill said, "Faith is the visualization of and belief in the attainment of desire." You become what you think about most. You can fill the abundant field of your mind with success or failure. Recite your mission statement daily to prepare your mind for success. Your mind will believe almost anything – true or not - that you tell yourself. Toxic thoughts also can take root in the mind and that's what you begin to focus on.

What you focus on, expands. What you give energy to, expands. Doubt, fear, defeat, and negative emotions can hinder you in the process of life and career ambitions. Create a mental snapshot of the life you want to attain. The Bible says it best in the book of Proverbs 23:7: "As a man thinks in his heart, so is he."

One comes, finally, to believe whatever one repeats to oneself, whether the statement be true or false...Every man is what he is because of the dominating thoughts which he permits to occupy his mind." Napoleon Hill
