



The Benefits of Self-Care

Self-care can come in many different forms for our physical, mental, spiritual, and emotional health. Having good self-care helps us to cope with the challenges of life. Remember, self-care is not a luxury, it is a necessity for one's wellbeing and resilience. "A variety of benefits result from an effective self-care routine", says Elizabeth Scott, Ph.D., of [VeryWellMind.com](https://www.verywellmind.com). This includes:

- Reducing anxiety and depression
- Reducing stress and improving resilience
- Increasing happiness
- Increasing energy
- Reducing burnout
- Strengthening relationships

To read the full article, [click here.](#)

In addition, self-care is especially important for those in a leadership role. We know it is even more difficult to factor in time for self-care with additional responsibilities. In our [Journey to Thrive Podcast](#) by Connie Ostap, she provides great tips on how leadership can incorporate self-care into their routine for personal benefit and for those entrusted to your care in your community or diocese. To listen to Connie's podcast **Living Healthy in a Fast Paced World**, [click here.](#)