# How To Start A Self-Care Routine As Soon As Right Now

Self-care is something a lot of people overlook these days. What they don’t realize is that doing this can bring them down a not so good path. It can include instances of chronic stress, declining overall well-being, and so much more.

It’s important to practice self-care as soon as possible. However, we should stress that you don’t want to take a giant leap. It’s always a good idea to start out with something small.

From there, you can add on another self-care habit and build a routine around it. Let’s discuss this topic further.

## Recognize the Importance of Self-Care

Before you start a self-care routine, understanding its importance is essential. Keep in mind that self-care isn’t selfish. It’s a great way to maintain your mental, emotional, and physical health.

Taking care of yourself will put you ahead of the curve. And it will help you become better equipped to handle life’s challenges and responsibilities.

## Start with the Basics

Of course, it never hurts to start with the basics. Every small step will add up over time. If you don’t know where to begin, it’s important to note the fundamentals.

This includes getting a good night sleep, staying hydrated, or eating a balanced diet. Instead of drinking sugary drinks like soda, start drinking water. If the soda is hard to let go, try to taper it off and consume less.

It will get to a point where you drink more water than soda (or even none of the latter). Again, focus on one small thing so you don’t overwhelm yourself.

## Embrace the Power of No

This can be difficult for most people. You’ll want to say “no” to the things you know aren’t good for you. You may feel the need to have a sugary soda or a combo meal from McDonald’s.

However, you decide it’s not worth the money. Nor is it worth eating. Because you know there are healthy alternatives that exist.

So be sure to say no to what you’re getting rid of and “yes” to the alternative. If you are dealing with negative self-talk, say no to it and flip the script. Instead of “I can’t do this” say “I can do this”.

## Final Thoughts

Practicing self-care is important. Start with one small habit and get accustomed to it. Then add another to where you are able to build a routine from the ground up.

Try not to overwhelm yourself in regards to a routine. It can consist of three things you can do, each centered around a greater goal. Keep it simple, easy to maintain, and easy to do daily.