

11 Reasons to Make Self Care Your Primary Health Care

With the miracles of modern medicine and the vast array of medical choices available to us it is easy to think of health care as something someone else does to and for us. But your very most important health care is the one you give yourself: self care!

Here are eleven great reasons to make self care your primary health care.

1. Self Care is your most effective form of health care.

How you care for yourself is the biggest determinant of your health, happiness, quality of life and the way you will age.

2. Self Care is a joyful way of living.

Self care is a way of saying yes to your life on a daily basis.

3. Self Care is empowering!

When you claim self care as your primary form of health care you take back control over your life and your health.

4. Self Care is cost effective.

You will save money and time by practicing self care.

5. Self Care is your response-ability.

Response-ability for self care is an opportunity only you can take. Only you have the ability to respond to your body, mind, heart and soul from the inside out.

6. Self Care is the best gift you can give your family and closest friends.

Do you ever find yourself thinking it is selfish to put self care high on the priority list? Taking great care of your needs is actually one of the most generous things you can do.

7. Self Care has no substitute.

Whether you prefer to use conventional western medical care, alternative practices, or as I recommend, a combination of the two, there is no medical care that substitutes for self care. No surgery, medical procedure, medicine or expert can compensate for lack of self care.

8. Self Care complements and enhances every other form of health care you utilize.

When you commit to daily, positive self care, whatever form of health care you use is enhanced and the benefits are increased.

9. Self Care is holistic.

Self care includes and improves every aspect of your life including physical, mental, emotional and spiritual health, relationships, play and work.

10. Self Care starts right where you are, right now.

Whatever the state of your health, whatever your life circumstances, there are many things you can do on a daily basis that will help you enjoy your best health, wellbeing and vitality.

11. Self Care is made up of many little steps and many small changes.

Easy, small enjoyable steps take you to the tipping point away from disease and pain and toward healing and happiness.

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