

Look closely at the words selfish and selfless.



This August, remember that
SELF-CARE
Isn't
selfish

From a young age, we're taught that being selfish is wrong and unkind and that being selfless is noble and what we should aspire to be. Not sharing is selfish, going out of our way to help someone even if it puts us at a disadvantage is selfless, saying 'no' is selfish and saying 'yes' selfless!

What if we were taught that prioritising ourselves sometimes - being 'self-ish' - is okay?

What if we were taught that always prioritising others and making self-less decisions was actually dangerous to our mental health and a huge cause of 'burnout'?

Can we become too self-ish?

Yes. Prioritising yourself too much can lead to you becoming thoughtless when making decisions that could be to the detriment of others. The question to ask yourself is 'would I like this done to me?'

For example:

Your friend is having a party at their house and you're invited.

The day of the party you feel a little low so decide that you really aren't in the mood to socialise and could do with some time at home, with some ice cream and your favourite movie. You ask yourself 'if I was throwing a party and a friend decided not to come, so they could have some self-care time, would I mind?' You decide that you wouldn't, so you tell your friend your decision and reasons, but they get annoyed.

The important thing to remember when relearning selfishness and selflessness is that if you are making the right choice for you, with no intent to harm others, **you are not responsible for how others respond to your self-ish decisions**; their upset is their responsibility. You have permission to be a little selfish once in a while.

So how are you going to be a little more self-ish this August?