

Self-Care Can't Wait
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BIO: Kabrena is a BCBA and self-care blogger that promotes wellness all while echoing the importance of creating boundaries with yourself and others.

Hey you, what are you waiting for?

Are you waiting for things at work to settle down and get less busy?

Are you waiting for your life at home to feel normal again after the world opening up again, post-Covid?

Are you waiting for school to be released for the summer to plan a few self-care activities for yourself?

Why does waiting for the “perfect timing” even matter?

Many women believe that for self-care to be a regular part of their life, an easier, less chaotic day-to-day life must first be the prerequisite before committing to taking better care of yourself.

Even more, that it must be validated by someone else. If you are waiting for someone to tell you that it's okay to take care of yourself, who knows how long you'll be waiting.

Imagine waiting for someone to permit you to use the bathroom.

Even if that day comes within a blink of an eye, that's a silly way of thinking.

You are a full-grown sensible adult that understands the implications of not devoting time to yourself. If anyone can understand why you are devoting time to yourself, it's you. No need to explain your 'why' to other people.

If they're not waking up every day carrying out the responsibilities you have to yourself and your family day-to-day, who are they to judge the 'why' behind you beginning to implement self-care practices? Be shameless in prioritizing your needs and even if you don't feel fearless, do it anyway.

One thing I've learned about doing something before I'm ready is that your feelings will catch up with you later; you have to put action behind taking care of yourself. Thoughts are okay but they're nothing like actually doing the work.

Here's to you no longer waiting for a yes from someone or for all the stars to align to say yes to your needs today.