

**ME TIME: FINDING THE BALANCE BETWEEN TAKING  
CARE OF OTHERS AND TAKING CARE OF YOURSELF**

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## **Why We Put Ourselves Last & Why Self-Care Should Be a Priority**

How can you make sure you're getting a healthy dose of "me time"? Related: Ahhh! 6 Ways to Get Better Work-Life Balance Focusing on work is a great excuse for not taking care of yourself. I find that early morning meditation increases my self-awareness and helps me put into perspective what really.

## **Balancing Codependent Tendencies: Improving Relationships through Self-Care**

Taking good care of yourself is paramount to the success of your recovery process. People in recovery find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Spending time with positive, loving people you care about and trust can ease stress, help your mood.

Related books: [Evidence-Based Medical Consultation E-Book](#), [Lideale di giustizia: Da John Rawls a oggi \(Frontiere\) \(Italian Edition\)](#), [Il Sorcio \(Italian Edition\)](#), [We Worship God \(The Helping Hand in Bible Study\)](#), [Fables for the Times: Twenty Short Stories with Morals for Children \(Illustrated\)](#).

Do you speak another language? Thus, routines such as walks in nature, keeping a journal, meditation, and prayer are important in developing and maintaining healthy self-awareness. Whyaresometheapistsssocondependent. Item s unavailable for purchase. Want to Work at a Startup? Limiting my time on Facebook  
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