

## Self-Care ~ True Love of Oneself

I truly believe that Self-care is an essential part of true love of oneself. It is one of the major keys in finding a meaningful and purposeful life for yourself. Beloved, taking care of yourself does not mean you are being selfish .

As we're in the third month of 2024 year, I would like to gently remind you once again of the importance of Self-care. Many of us have read/studied Self-care, but I wonder how many of us really live it?

Remember, the service light in your car indicates you need an oil filter change or something else. You don't have to be a car mechanic or professional driver to know the importance of this service light.

That is all Self-care, a true love of oneself, means to me. If you disregard all the warning signs that your body wants you to pay attention to, it will break down one day. Your body, like any other thing you cherish in life, also needs the best service/care you are able to afford.

Looking at the definition of Self-care by the World Health Organization (W.H.O): "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider."

I like W.H.O.'s definition because it has all the core values or best ingredients of Self-care, namely good hygiene, healthy nutrition, healthy spiritual lifestyle, annual medical check-up, medication, healthy environmental, and socioeconomic components.

In order to have the best Self-care that you can be proud of, you have to include all these core values W.H.O lists in your Self-care plan.

Just as I practice daily examination of conscience, I also practice what I refer to as "daily examination of Self-care." During my daily examination of Self-care, I ask myself: did I have a healthy diet today, daily exercise (walking, meditation, nap, reading), annual medical/physical checkup, etc.? We're blessed to have great healthcare professionals, many different professional bodies, and beautiful scenery that make West Virginia "Almost Heaven." Praise and thanks be to God!

We know from our personal experience and research that Self-care reduces stress and helps to boost your spiritual, physical, emotional, and mental well-being.

In conclusion, again, taking care of yourself is not selfish at all. It is truly respecting and loving yourself. You can't give your best always to others if you disregard Self-care. Please, make it your topmost priority in 2024 if you truly cherish your precious life God has blessed you with.

As always, I look forward to your comments, questions, and clarifications with regard this paper on Self-care, an essential core of true love of oneself.

Stay healthy! God bless,  
Fr. Ed Tetteh, SVD