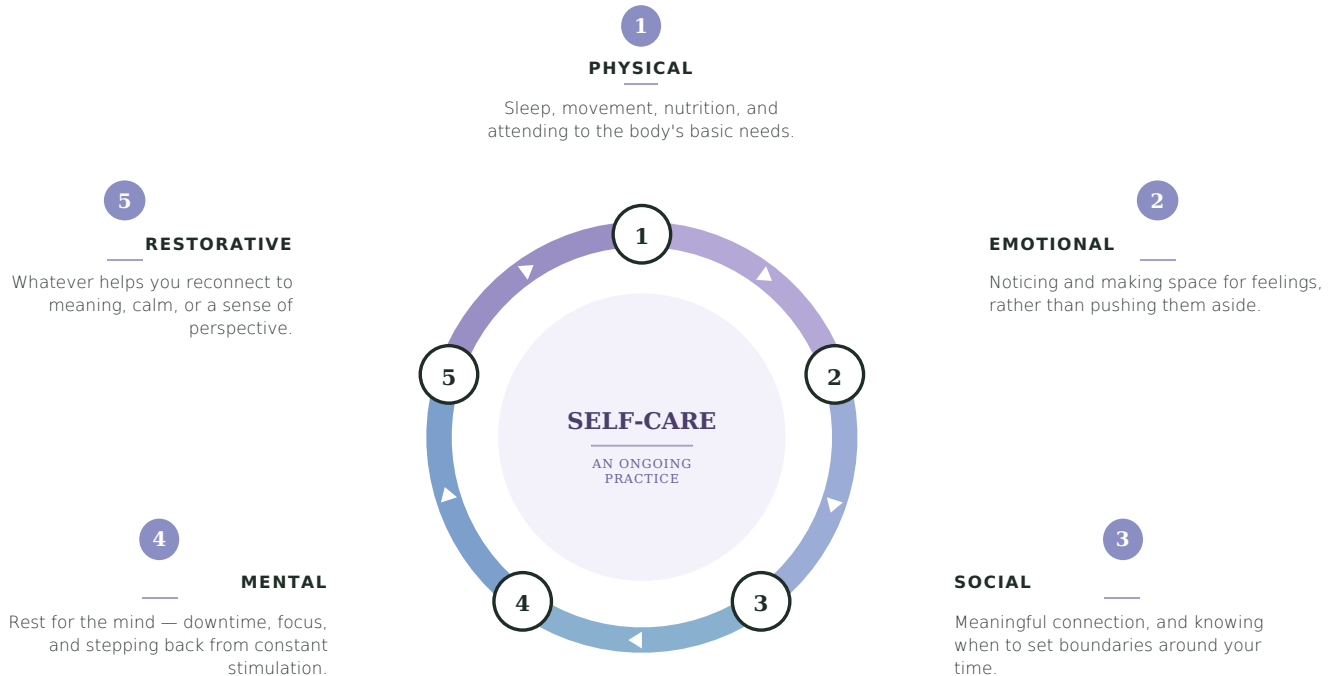


The Self-Care Cycle

FIVE DOMAINS, ONE ONGOING PRACTICE

Self-care is not a single treat or a one-off reward — it is an ongoing cycle across several domains of life. When one area is consistently neglected, it tends to affect the others too. Returning to each area, again and again, is the practice itself.



Signs You're Running on Empty

Worth noticing before burnout sets in

LOW PATIENCE

Small things feel unusually irritating or overwhelming.

CONSTANT FATIGUE

Tiredness that doesn't lift, even after rest.

WITHDRAWAL

Pulling away from people or activities you usually enjoy.

NEGLECTING BASICS

Skipping meals, sleep, or movement without really noticing.

FEELING NUMB

A flatness, or sense of just getting through the day.

Self-Care Is Not Selfish

Caring for yourself is not indulgence or avoidance — it's what sustains your capacity to think clearly, show up for others, and keep functioning well over time.

Small and Big Self-Care

Most self-care is small and daily — a walk, a proper meal, a pause. Bigger resets matter too, but it's the small, repeated moments that sustain you day to day.

You can't pour from an empty cup. Self-care is what keeps the cup from running dry.

A guiding principle of sustainable self-care

SOURCES

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