



Reasons to Put Yourself First

How does it feel when you read articles saying you should start to put yourself first? What does the voice in your head say? Chances are it might feel a bit uncomfortable or even wrong. So many of the messages from society and during your childhood are about putting others first, being good, and unselfish.

Look back over your life and see how often you have been expected to drop everything for someone else, let someone else go first, or have the bigger cookie. Do you feel entitled to say no or to quarantine your 'me-time' whether it's going to the gym or having a massage or an early night? You might be feeling overwhelmed by the demands of others, or even resentful that people expect you to drop everything for them.

Here are four good reasons why you need to put yourself first.

1. Your physical health

Weak boundaries and prioritizing others ahead of yourself will increase your stress levels, keep the levels of the stress hormone cortisol high, and leave you feeling exhausted. And as if that's not enough, the flow-on effects of all this are high blood pressure, increased bodily inflammation, and a less resilient immune system. Rest allows your body to heal and restore so you'll have much more energy!



2. Your mental health

All the stress and resentment of being at everyone else's beck and call will increase your anxiety levels. Anxiety and stress have been shown to deplete the levels of serotonin (the happy hormone) in your brain which can increase your risk of depression. Putting yourself first will mean a happier, more positive you.

3. Improved You

In fact, you'll be your best you! And there's no way you can be your best you if you're running on empty all the time. Putting yourself first and giving yourself some self-care is crucial for refilling your tank. You'll have more energy, be more present in your relationships, and be more fun to be around.

4. It's not a zero-sum game

Putting yourself first doesn't mean you'll disregard other people's needs. It's putting everything into balance and acknowledging that you're a loved one too! Your needs are as valid as those of your family, friends, and colleagues. And in putting yourself first, you'll be in a better place for having improved relationships with other people based on honesty and mutual respect for each other's needs.



5 Steps to Putting Yourself First

Putting yourself first is not an optional extra! It's essential to avoid burnout and keep yourself happy and healthy. And putting yourself first doesn't mean you disregard the people you care about in your life. On the contrary, putting yourself first gets you in much better shape for having positive, mutually-supportive relationships with your partner, family, friends, and colleagues.

Getting into the habit of prioritizing yourself takes a bit of practice. Here are some things to keep in mind while building the essential habit of putting yourself first.

1. **Be true to yourself**

Remember what Shakespeare said: "To thine own self be true." That's the key to self-care. Listen to your heart, to your intuition, and do what feels right for you.

2. **Commit to yourself**

Committing to yourself means you're no longer at the bottom of your priority list. It means acknowledging that you deserve some time out and nurturing too. And it's not a zero-sum game. Prioritizing your needs doesn't mean doing it at the expense of others. It does mean having a more balanced approach to life and treating your needs and desires as equally valid.



3. Learn the Power of No:

Learn to say no to things that are not important to you, are not in your best interest, or for which you don't have the energy and the time. Practice saying no to low stakes requests like 'can I have another cookie,' and you'll be better prepared to refuse bigger requests like hosting the family Thanksgiving..

4. Eliminate guilt

Life is simply too short to feel guilty for not being able to make everyone happy. Don't prevaricate or send mixed messages. Feeling guilty hands your power over to the other person and gives them leverage to get what they want. Be kind but clear about the boundaries you have set and leave it at that.

5. Don't be afraid to ask for help

If you're the go-to person for everyone else, you may find it hard to ask for help yourself. That goes doubly so for perfectionists! Learn to acknowledge your strengths and weaknesses, ask for help where you need it, and practice receiving it with gratitude.

Developing the habit of putting yourself first will stand you in good stead. You will have more time to do the things you want to do, and you won't feel resentful at being overburdened. As a result, you will see improved relationships built on honesty and clear boundaries. You will have more energy and be less stressed. Self-care is an investment in your health and happiness, and it's worth starting that investment today!

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.” – Lucille Ball

Click below to book a FREE call to talk about options to work together to help and support you in your journey of Self-discovery, healing and growth through the exploration of your birth chart from a psychological perspective!!

<https://calendly.com/angelikamatev/discoverycall>

Angelika Matev,

AstroPsychologist & Holistic growth Coach

What my other amazing clients are saying:

<https://www.angelikamatev.com/testimonials/>

