Sometimes, the best way to self-care is to give back some time that you would usually spend on other people or other things to yourself.

One of the best ways to do this is to spend some time alone and actually enjoy it – something that so many of us are absolutely terrified to try! Being alone, or doing activities alone can be a bit of an overwhelming idea, but spending time with yourself is a crucial step towards self-care and more importantly self-love!

We’ve put together a few practical tips for not just successfully being with yourself, but actually enjoying it, too!

1

Find a hobby - If you feel like you get bored when you spend time alone, the solution is simpler than you think – find some hobbies! Use the quiet time you spend with yourself to read, learn a new skill, get creative or cook. Think of this as your opportunity to try something new without any distractions.

2

Don’t touch your phone! – As much as technology and social media have their positive impacts and influences, it’s so important to take a break from all of that noise once in a while. Make a pact to put your phone in a drawer or out of sight when you’re giving some time to yourself. Often it will save you from the negative feelings associated with social media, such as FOMO, envy, or sadness.

3

Start small if you’re nervous – If spending time in your own company fills you with dread, you don’t have to go all out at once. Find activities that you enjoy doing that will also keep you calm and distracted when you’re alone, and build upwards from there. You could start by dedicating an hour or two a week to doing something just for you, and add to it when you start to feel comfortable.

4

Get outdoors – Being alone doesn’t have to be synonymous with being cooped up in the house. Get outside! Sometimes a change of location can do wonders for your mental health, and all contributes to this new regime of self-care and giving some time back to yourself each week. Go for a walk somewhere new, go out for a coffee, or take a book to the park.

5

Understand that it won’t always be perfect on the first try – Spending and enjoying time to yourself often requires a bit of experimentation. If sitting and reading a book isn’t working for you, try something more active or involved, and don’t feel bad if it takes a few attempts. There will be something out there that quietens your mind for a little while, and provides the escape we all need.