

Self-Care: An Often-Missed Men's Health Need

When men's health is discussed at all, the focus tends to be on male preventive screenings and common health issues. There is, however, another component of men's health that, although deserving of equal attention, it hasn't always been in the spotlight: self-care for men. All it really means is that men need to take time to take care of their overall well-being, physical, mental and emotional.

Let's take a closer look at self-care through the male lens.

1. Time isn't always money. If you can't find the time for yourself, make the time

Finding the time is easier said than done, so make time for yourself each week. This doesn't mean you have to spend half a day meditating or sipping warm tea in a bathrobe, but make time for something you truly enjoy. Leave your emails until tomorrow morning and listen to your favorite album or spend some time outdoors. Perhaps commit five more minutes to your personal grooming routine every day; when you look and feel fresher, you're ready to tackle the next items on the to-do list with renewed vigor. When the daily grind starts to wear us down, dedicating time to something we enjoy can provide a much-needed mental break, as well as an energy boost at the same time.

2. Look to your support systems, and stay connected with those who mean the most to you

It is human nature to turn to family and friends to celebrate good times or to seek comfort during challenging times. Maintaining meaningful relationships positively influences mental and emotional health. Find solace in sharing aspects of your life with those closest to you and practice gratitude for your social support system. For example, if you can't visit the barbershop for a trim, ask a loved one you trust to help at home. It'll be both a bonding experience as well as a thrifty solution to keeping your unruly hair under control!

3. Find purpose and passion in what you do

When we find passion in the things we do and act with purpose or intent, we are a step closer to reaching our best self. Consider what brings you joy amidst the daily grind, or what gets you excited to wake up in the morning; gradually implement these things in your daily routine. Even the smallest and simplest of things can bring that extra bit of much needed happiness. Maybe playing video games or working out are daily things you're already doing, but if you're noticing that you're passively going through the motions, challenge yourself to actively engage and rediscover the reasons why you personally love these activities and what value they bring to your well-being.

4. Be mindful of burnout signs

Is your patience wearing thin? Are you feeling a bit more agitated than usual? Be mindful of your emotions and your reactions. If you are taking longer to recover or bounce back from an undesirable encounter or event, consider taking a step back and adjusting your mindset. These symptoms can be signs of burnout, and when they present themselves, practicing some self-care is a great way to help you reset.