

Time For Herself: Luxury Or Selfishness

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Gone are those days when women were confined to the four walls of a house. Over the years, there has been a significant transformation in the role of a woman. Now, they have come out of their enclosures and excelled in all spheres of life exceptionally. They have carved a niche for themselves in the male dominated world, yet there is a traditional gender approach which always come to the forefront.

Today, a woman stands equal to a man. Rather, she is more capable and diligent in her work than her male counterpart and can achieve yet much greater heights but still she has not been able to remove the shackles of family ties and household chores.

A lot of evidences show that a woman herself is always less assured than a man. The reason behind this is that she is always in an emotional tug between work and family. She doesn't shirk her household duty on the pretext that she goes for work. There is tremendous work pressure and stress in a woman's life, no matter, whatever is her professional designation. She's always juggling to find a comfort zone for herself but fails to find it.

Multi-Tasking is a key to woman's success. She plays a variety of roles in her life, i.e. role of a mother, a daughter, a wife or a professional. In order to perform all these roles in her life perfectly, she has ignored her own self. She believes that it is her sole responsibility to raise a family, to take care of all members in the house, to teach her children, to do grocery, to pay bills and to make social and community ties stronger. For her, work is an additional duty with other things remaining constant. In order to perform that additional duty along with her primary duties, she ignores herself and gets exposed to multiple problems like depression, anxiety, stress and low self-confidence.

Why is it that a Woman does not look after her own self? Why a woman is looked from a different perspective if she takes care of herself or if she gives time to herself?

The answer to all these questions is because a woman has been conditioned in this manner throughout her childhood. All her life she has been expected to sacrifice. Here again our society plays a dominant role. Although a lot of revolutionary change has taken place but still in the rural area, there is a lot of room for gender biasness. There is always a traditional masculine domination throughout history whatever may the situation be.

Is it she who believes that taking care of herself is being selfish or the society?

The reason behind this attitude of a woman towards herself is the society in which she and her family lives. Although there has been a drastic change in the mindset of

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people as far as her education is being concerned. She is being provided with the best of education. Still, she is expected to be always available leaving behind her professional work. A woman is always the first resort for everyone whether she is a doctor or an engineer or any other top-ranked officer. Her husband, her child, her aged parents, her in-laws, everyone finds solace in her custody.

All this is not to be shammed at but what is expected out of a woman is nothing but SELF CARE. Many women ignore their own self-care. They never had the luxury of having her 'ME-time'.

In the words of Izea Victoria Odiase, "It is hard to love yourself if you never spend time with yourself"

Lack of adequate rest, relaxation and personal time makes a female more stressed and exasperated which further aggravates her own problem.

A woman must take occasional breaks to maintain her own sanity. She must understand that her emotional well-being is crucial for her physical existence. She must understand that taking care of herself is unselfish and makes her a better caregiver. If a woman is well rested and relaxed, her energy is re-stored otherwise with depleted energy, she is of no help to others too.

It is often said that self-care is an antidote to stress. It builds resilience which makes us face challenges in a better way. An energetic body will be more responsive and yes cheerful.

Taking care of herself is essential for her own self and brings happiness.

This can be done in a variety of ways:

1. Physical Care

A woman must be physically strong in order to maintain her emotional health. She must indulge herself in few physical activities like exercise, yoga, walking, stretching etc. in her daily regime. At least 8 hours of sound sleep every day is as important as three meals in a day.

2. Spiritual Care

A woman must schedule her time for her spiritual peace just like a doctor's visit. She should meditate or pray and must look for a secret space to calm her mind down. It's very important for a woman to be spiritually and mentally calm in order to work for others and for herself. A calm and serene mind is a key to wisdom.

3. Personal Care

If a woman feels that doing something for herself or taking care of herself is like a form of self-care, she must not feel bad about it. She must do what she likes, be it her favourite hobby class or pursuing her own passion. This therapy will bring a sense of satisfaction and complacency in her life.

4. Social Care

Quite a few females believe that meeting their friends and indulging in social work gratifies her mental well-being, then they must do that once in a fortnight.

If talking on telephone with a friend relieves her stress or being a part of gossip mongers in a lady's kitty group releases her anxiety and recharges her battery life, so she must adopt this technique to gift her own self.

5. Detachment Care

There are few women who try to confuse 'rescuing with caring'. They often sacrifice self-care in order to save everyone else. They try to serve everyone in a laid-out platter calling it care but they don't realize that by doing so the other person becomes so dependent on her that he or she fails to win his or her own battle. The latter feels that the woman will fight or rescue him or her in times of great need. So those women should detach themselves from the ties and help when asked so.

6. Hygiene and Salon Care

Taking care of herself is important part of a women's personality. When a woman takes care of her beauty she learns how to enthrall and spread her charisma. It makes her feel good and beautiful all the time. It makes the body rejuvenated thereafter. It helps her to build confidence and sophistication.

Maintaining hygiene and taking caring of her own body is equally important as taking care of others. A woman with replenished source of energy is a better woman, inside out, a better caregiver and a better soul.

7. Music Care

Music has the power to trigger a range of emotions. Few women find music as a therapy to their tired body and mind. They must play their favourite music and tap their feet to the latest numbers. This way they will feel relaxed and calm. Self-chosen music reduces mental agony and pain and increases functional mobility.

Keeping all these types of self-care techniques and therapies in mind, it is concluded that a woman must make room for herself. She must do things which she likes and she should love herself unconditionally.

Taking care for herself is a key to a happy and healthy well-being. A woman must not think what she 'should do' but think about what makes her thrive. The word 'should' is an enemy to relaxation and if relaxation is missing, a woman's body will be of no use.

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