

Your Guide to SELF-CARE IN THE NEW YEAR

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As a psychotherapist, I see it every January: the new year rolls in, and we're all bursting with resolutions, promising to work out, meditate, declutter, eat healthier—all in the name of self-care. And while the enthusiasm is inspiring, the key to real, lasting self-care isn't about jumping into a laundry list of goals. True self-care is about creating a balanced routine that includes fitness, mindfulness, and maybe even therapy to keep your mental and emotional health in top shape. This year, let's make self-care simple, sustainable, and—most importantly—enjoyable.

The first thing to remember about self-care is that it doesn't have to be complicated. Take fitness, for example. It's easy to feel pressure to join a gym, train for a marathon, or dive into a workout trend, but exercise doesn't have to look like an extreme challenge. Moving your body should feel like a way of caring for yourself, not another item on the to-do list. Try to find physical activities that feel fun—maybe it's a morning walk in the park, a yoga session that gives you space to breathe, or even a dance break in your living room. The beauty of physical activity is that it releases endorphins, those lovely mood boosters that make you feel energized and optimistic. Whether it's hiking, swimming, or taking a neighborhood stroll, the most important thing is to find movement that brings you joy. When you enjoy it, it's so much easier to make it part of your life.



think of self-care as spa days or cozy nights in, but it's really about finding a rhythm that supports your mental well-being. This might mean starting your day with five minutes of breathing exercises, taking short breaks to stretch or listen to your favorite song, or simply taking time at the end of the day to journal. Self-care doesn't require hours of commitment; it's about carving out little moments to recharge and refocus. Think of these habits as a way to manage daily stress, refuel your energy, and strengthen your resilience.

And here's the thing: sometimes, the best form of self-care is getting support through psychotherapy. We've come a long way in understanding that therapy isn't just for people in crisis—

seeking an outlet for your thoughts and feelings, therapy can be incredibly enriching. It's a dedicated hour to process, reflect, and check in with yourself. The new year is the perfect time to start; therapy offers a foundation for understanding patterns, managing emotions, and setting goals that truly resonate with you. As a therapist, I often remind clients that therapy can be like a regular tune-up for the mind. It's not about "fixing" yourself; it's about investing in your growth and well-being.

As you map out your self-care routine, remember that the goal is balance, not perfection. You don't need to tick off every self-care box every day—some days, just getting a few minutes to breathe deeply is enough. The most sustainable self-care practices are the ones that fit easily into your life and feel good for you. This new year, let's focus less on ideal routines and more on what feels supportive and uplifting. Self-care is your opportunity to show yourself the same compassion and attention you give to others. When you make space for fitness, mindfulness, and maybe a little therapy, you're setting yourself up to be your most vibrant, resilient self in the year ahead.

So go on — embrace self-care in a way that feels right, real, and joyful. The new year is your fresh start, and there's no better time to prioritize the healthiest, happiest version of you.

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