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Tips On Taking Care Of Yourself (That You Haven't Thought Of Before)

Guest Article by Jennifer McGregor

Taking care of yourself doesn't have to be a full-time job. You can still handle all of your daily priorities, including work and parenting, without sacrificing your own health and wellness. But, aside from eating more vegetables and exercising, what are some ways to improve your overall health? Here are a few you may not have considered.

Self-Hypnosis

[Roy Hunter](#) has taught self-hypnosis and mindfulness to thousands of individuals in person and via online training sessions as well as through his many books. Both processes help you take control over many aspects of yourself, including pain. You can also manage your weight and even stop smoking to create [positive health changes](#) by harnessing the power of your own mind.

Change Jobs

According to Cleveland Clinic, stress can have a profound, [negative effect](#) on your muscles and joints, heart and lungs, and everything in between. Unfortunately, our jobs are often the most stressful part of our lives. If you find that your career is stagnant, maybe it's time to go back to

school to earn a degree. You can take classes online in virtually any discipline or just to complete your MBA so that you can [become a business leader](#). Transitioning to a career that you love is good for your mental health as you can do something you love on your own terms.

DIY Your Beauty Routine

If you love bath bombs and bubble baths but the thought of paying a ridiculous amount for these little luxuries hurts your head, pamper yourself with DIY bath products. Taking a warm bath is a calming, soothing experience that will help you reduce stress and relax after a long day. There are plenty of bath products you can make yourself, including [soap, shampoo, and body scrub](#).

Eat Fewer Carbs

If you struggle with your weight [as many Americans do](#), you may have already tried every diet in the books. But, trendy eating patterns don't do much for long-term weight loss. Instead of jumping on the fad diet train, consider watching the type of calories you eat. The Harvard School of Public Health explains that [reducing your carbohydrate intake](#) may help you lose weight for the long term. Don't be shy about healthy fiber and fats, but do try to steer away from sugars and processed foods.

Sleep More

Okay, so you have probably already thought about sleeping more. But, do you know why you should? The Early Bird blog by AmeriSleep asserts that [daytime drowsiness](#) is the result of not getting enough sleep at night. Being sleepy during the day reduces your cognitive abilities and reaction times. Give yourself the gift of at least seven hours of sleep each night. Your body and mind will thank you for it.

Read

Reading can make you healthier. Not only does it make you use your brain and lower stress, but reading certain types of books can actually improve your social skills by [making you a more empathetic person](#). It is a relaxing pastime that you should make part of your daily routine. And, if you focus your attention on books with topics that matter to your life, you may be able to make improvements at home and at work that give you more free time to focus on yourself.

As you can see, it does not take a great deal of time to treat yourself right. Just a few minutes each day to do things, such as read a book or practice mindfulness, will go a long way toward improving your overall health. And, you may even find that getting extra sleep, changing jobs, and finding other ways to mitigate stress will lead you down the path toward a better work/life balance, which should be something you strive for each day.

Visit RoyHunter.com for more insight into self-hypnosis and hypnotherapy.

