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Consequences of not practicing self-care:

* Low energy
* Feeling hopeless
* Less patience
* Increased headaches, stomach aches, and other physical symptoms of stress
* Difficulty falling and staying asleep
* Challenges in choosing healthy food and urges to eat “comfort” foods
* Worsening mental health symptoms like [depression or anxiety](https://u-matter.org.uk/service/mental-health-booklets-and-leaflets)
* Feeling “burnout”
* Difficulty concentrating
* Strain or distancing in the relationship with your spouse or partner
* Less patience with your children
* Reduced performance at work
* Less motivation to engage in social activities.

For more information on self-care and compassion visit Umatter.