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Real self-care involves making difficult decisions that will pay off in the long run as we build a life around the relationships and activities that matter most to us. When done well, real-self care is empowering. --Pooja Lakshmin

Pooja Lakshmin: Self Care the Right Way

"The wellness industry saturates our cultural consciousness, with juice cleanses, organic skincare, and spa retreats flooding our social media feeds. But what does this plethora of dazzling -- and often expensive -- lifestyle products all amount to? Not much, argues Dr. Pooja Lakshmin, a psychiatrist who specializes in women's mental health and clinical assistant professor at George Washington University School of Medicine. As she writes, "our understanding of self-care and wellness is incomplete at best and manipulative at worst. We cannot meditate our way out of a 40 hour workweek without childcare. These wellness products keep us looking outward, comparing ourselves with others or striving for perfection." She details her ideas for achieving true wellness in her recently released book, *Real Self-Care: A Transformative Program for Redefining Wellness*. In this episode, Dr. Lakshmin joins us to discuss how she overcame her own struggles working in medicine and details practical strategies for real self-care, which, in her words, "isn't a thing to do or buy, but a way to be." Listen to the interview or read the transcript [here](#).

Be The Change:

Take a moment to reflect on what self-care means to you and how you practice it in your own daily life.