Put Yourself First

If you've ever been on an aeroplane, you'll have heard the tannoy come on, and a flight attendant explains:

'Make sure you put on your oxygen mask first before assisting others.'

It's easy to skirt over, some think it's normal, others perhaps selfish. But the truth is, putting your mask on first doesn't show a lack of care for others, instead, it acknowledges an awareness that if you run out of oxygen, you can't help anyone with their mask anyway.

The same is true with most things in life. **If you don't look after yourself, how can you look after others.** Try to make time for yourself in the weeks ahead. Celebrate the small things, the big things. Don't compare. Do some exercise… and have some rest. **And most importantly of all, don't feel guilty about it.**