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| **Real Self-Care** | **Fake Self-Care** | **Why** |
| Eating more healthily to improve your energy levels  Ex: becoming vegetarian, being mindful of what foods you eat and eating unhealthy items only in moderation, finding organic or healthier alternatives to your favorite fast foods | [**Restrictive or Fad Diets**](https://www.news-medical.net/health/Fad-Diet-Examples-and-Efficacy.aspx)  Ex**:** Keto diet, starving yourself or fasting too frequently, carnivore diet, only eating one food category such as vegetables and not balancing your diet | Eating healthier is a positive lifestyle change that is actually sustainable and long term  whereas fad diets are simply trendy diets that actually can cause more harm to your body and don’t have long term results because they are so restrictive you either can’t keep up or start causing negative side effects. |
| Setting Boundaries | Saying yes to whatever anyone asks because you don’t want to hurt their feelings or miss out | Setting boundaries is important because it provides clarity in any type of relationship or interaction of what you’re comfortable with and what you aren’t (which people should respect). Saying yes to everyone, every opportunity, or every outing can be extremely draining. You also should not have to feel pressured to say yes to things you are uncomfortable with or simply because you would not like to. Saying yes to everything can put you in dangerous positions or at a disadvantage if you always prioritize others over yourself. |
| Working out to feel healthier or because it’s fun | Working out as punishment or to shame yourself for your body type or eating habits | Exercise and staying active has many health benefits and can improve your quality of life, however, using it as a punishment because of your body type and eating habits can be psychologically detrimental. Of course, it’s okay to want to be in better shape, but focusing on exercise as a negative reinforcement can cause you to develop bad habits and even make you view yourself negatively. This can lead to conditions such as body [**dysmorphia** or **eating disorders**](https://www.nationaleatingdisorders.org/information-eating-disorder) in some cases. While you’re striving to get in better shape or stay fit, love and appreciate yourself at every step. |
| Taking a break from work to enjoy life | Using alcohol and/or drugs as a coping mechanism | Sometimes taking a step back from the hustle and bustle of life is necessary so you can recharge and refocus so that you are able to accomplish more and do so more efficiently. Substance abuse is often a form of escapism to “take a break from life” that can be potentially lethal or lead addiction which has life altering effects and prove to be harmful to you and your loved ones. |
| Shopping to treat yourself | Buying things to fill a void or because those items claim they’ll make you have more respect/love for yourself | Shopping can be a fun way to let off steam and purchase some items that can be useful or just make you happy. It’s important on the other hand that you aren’t using it to fill a void because you may not feel whole. Material items rarely have long lasting effects that make up for what you feel like you are missing. That is more of a concern of self-confidence and self-love which can be addressed in more fruitful ways than shopping. |