

# Weekly Wisdom



*Grow the Green for You and Your Team*



*“Real self-care isn’t a thing to do or buy, it’s a way to be.”*

*-- Dr. Pooja Lakshmin*

## Real Self-Care

We’ve heard it all: “Toxic self-care.”  
“Goopification of self-care.”  
“Prescriptive self-care.” And we get it.  
It’s healthy to push back against self-care that fundamentally does not address the systemic stressors that damage our well-being at work.

We’re diving into a new book by Dr. Pooja Lakshmin, *Real Self-Care: A Transformative Program for Redefining Wellness*.

She argues that the proliferation of wellness is a direct result of broken systems. Intriguing, right?

Dr. Lakshmin lays out the case that self-care is “actually a way to be. It’s the way you make choices about how you spend your time, how you give your attention, how you spend your energy.”

In her book and interviews, she lays out 4 principles:

1. Learn to set boundaries and deal with the guilt.
2. Develop self-compassion in the way you talk to yourself.
3. Understand your values.
4. Real self-care is power to make change.