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The importance of self-care

**Dated: Wednesday, August 10, 2016**

*​In order to achieve equilibrium across one’s personal and professional life, one must practice self-care, says Dr Renata Schoeman, a psychiatrist and senior lecturer in Leadership at USB. She delivered a Leader’s Angle talk this morning. ​ Read more here​*



*Dr Renata Scheoman addressing the audience on the importance of self-care.*

Dr Renata Schoeman, a psychiatrist and senior lecturer in Leadership at USB, delivered a Leader's Angle talk on Wednesday, 10 August about the importance of self-care.

This USB MBA alumnus is a finalist for the Businesswomen's Association of South Africa's Businesswoman of the Year Award for 2016. The winner will be announced on 26 August.

In her presentation, Dr Schoeman said self-care is important in order to "achieve equilibrium across one's personal and professional life".

This balance holds the following benefits:

* Creates a sense of responsibility;
* Provides the opportunity to be a nurturer;
* Makes a connection to other living things;
* Helps us to relax and let go;
* Releases happy hormones;
* Helps us to live in the present moment;
* Reminds us of the cycle of life;
* Allows us to vent anger and aggression;
* Allows us to feel in control; and
* Creates a sense of achievement.

Dr Schoeman's tips for balancing a busy life are:

1. Try to stick to a routine.
2. Declutter your life of things that doesn't give you joy or is not useful.
3. One minute rule: If a task can be done under one minute, do it immediately; don't postpone it.
4. 15 minutes is enough: When you are waiting for 15 minutes, it is not too short to read an article, reply on emails or pack away the dishes.
* *A full article about her talk, written by Amber Kriel, will be published in the next USBNet newsletter.*

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*USB director Prof Piet Naudé pictured here with Dr Renata Schoeman.*

