

The Ultimate Self-Care Weapon? Try Self-Introspection

Work-life and student life in the time of the pandemic pose a multi-pronged challenge for everyone. This extraordinary situation leads to health, issues, financial problems due to the fluctuating economy, spiritual crisis, and even social anxiety.

DLSU-D faculty member Dr. Frank Villanueva takes all these in stride using a secret weapon – self-introspection.

Based on studies, self-introspection increases one's ability to reflect on oneself and boost self-confidence. The improved ability to connect with oneself can also encourage compassion and connection with others. It also inspires self-improvement and spiritual development.

"Self-care activities indeed give me time to recharge mentally and psychologically as a teacher. For any teacher, this is a very important time to reintegrate oneself and refocus on the demands of work," Dr. Villanueva said.

He cited that finding time to care for oneself is not very easy, especially for those who are juggling multiple responsibilities while at home. "Hindrances may come in various forms. It can either be internal and external as well. Things I would consider internal are those which have to do with physical condition and work habit. External causes are internet connectivity, set of priorities, and the programs and activities," he said. However, he said that he uses self-introspection as a tool to "pave the way to sustaining and nurturing the spirit in us to move further to be able to embrace better things and to be more focus on the demands of our work."

For Dr. Villanueva, self-introspection is already a way of life. As a Religious and Values Education professor, he counts the time he spends on the practice as part and parcel of his daily routine. He highly recommends others to do the same.

