

SELF CARE THROUGH THE SUN SIGNS




Self-care is something that has become important during these ever-changing times. Naturally, life's challenges need to be faced but there is also a need to occasionally escape when problems seem overwhelming. Escape is defined as 'breaking free of confinement or control.' In this instance, 'escape' is from the confinement of seemingly insurmountable obstacles of 21st Century living. How do you like to get away? And what type of self-care helps revive you, and supports your personality? Perhaps you will recognise yourself in your Sun Sign, and you may discover further tips by reading your Moon Sign.

Aries is a Fire Sign and so spontaneity is a key factor in self-care. You are likely to re-charge your batteries with some alone time. This is more likely to be an active pursuit, rather than sedentary so, walking, hiking, running or cycling may appeal. You like to be free to follow your own interests. For Aries, self-care is self-realisation. Meditation may appeal as a means of collecting yourself and focussing your mind. You may also have a singular project that you like to pursue in your spare time, something that is totally in line with your own passion. It's also possible that some form of sport, or going to the gym is your ideal way to break free of everyday restraints. Perhaps more than any other Zodiac Sign, your self-care involves the need to escape and be on your own, rather than mingling with others.

Taurus is an Earth Sign so security is a key factor in self-care. You need to feel safe, so hunkering down in your own room, or home is important. Couch-time is a wonderful way to relax and escape. You may also enjoy the comfort of food – a cup of tea, coffee or hot chocolate with a nourishing snack. You could flee everyday responsibilities by going to a nearby café, restaurant or loved one's home and being served your favourite feast. Or perhaps you could indulge in a massage, a sensual experience that helps ground you at the same time as being pleasurable. Sitting or strolling in nature could be a comfort. Warmth is an important component of self-care, and so a warm fire in winter is essential. Your means of escape are more likely to be sedentary than active. You are also more likely to enjoy escaping at home in the company of loved ones, rather than venturing too far afield. Nevertheless, you could enjoy a short break in a comfortable home away from home.

Gemini is an Air Sign so you are often keen to escape the more onerous tasks in life. You are happy to enjoy simple pleasures, and are well able to distract yourself, more so than most other Zodiac Signs. Reading, talking, writing and learning are all vital self-care options for an Air Sign. You may also enjoy social engagements, and some form of the arts, as means of escaping life's complications. You can delight in the frivolous. Games – card games, board games and chess - are an excellent diversion. You may also enjoy crossword puzzles, sudoku, and other mind games.



Social media can also be an ideal form of escapism for your active intellect. You are also likely to enjoy social clubs or groups with like-minded people, as long as they don't take life too seriously. You need to be distracted, not immersed in problem solving. For this reason, you can also enjoy a good party as a means of soaring above daily responsibilities.

Cancer is a Water Sign so you are likely better at looking after your loved ones than looking after yourself. You need to make time for self-care, to learn that you, too, are important. As a Water Sign, you can immerse yourself in water activities such as swimming, diving, sailing, underwater caving, kayaking etc. Cooking and baking may also appeal as leisure activities, but only if you are so inspired, not as everyday duties. You need some time to cook or bake something for the sheer pleasure of it. You may also enjoy luxuriating in a warm, aromatic bath, or going to a spa for a luxury treatment. Small animals and children are also likely to lift your spirits. You could enjoy taking your dog for a walk, or curling up on the couch with your cat. All you need to do is give yourself permission to look after yourself.

Leo is a Fire Sign so spontaneity is a key factor in self-care. You are generally positive and well able to indulge your need to escape. You delight in any fun-filled activity that you can take part in, either by yourself or with others. You are likely to be an inspiration to others when it comes to self-care. Social, fashion, and artistic events are likely to appeal as a means of escaping everyday challenges. Musical concerts, theatrical performances and even sporting arenas are a great attraction and distraction for Leos. You also enjoy a good party, and are often the life of the party, encouraging others to let down their hair and enjoy themselves. Shopping, or retail therapy as some like to call it, also appeals. You enjoy escaping and spending some of your earnings on desired objects. Even as an adult you like your "toys", and you can be generous with others, too. So, sharing your good fortune is also a means of self-care for you.


Virgo is an Earth Sign linked with the planet Mercury, so you can have difficulty escaping your duties and indulging in self-care. You need to place 'self-care' as an item in your schedule, otherwise, you may miss out. Of course, you enjoy cramming your spare time with intellectual activities and associations, but is this self-care? Some Virgos enjoy chilling in the garden, or kitchen, creating dishes with herbs grown at home, and other ingredients sourced at special markets. Others are more likely to enjoy escaping with a good book, perhaps even a reference book. You may enjoy both. The idea is to find activities that relax your mind, while not being too boring. You can abscond to a fine dining restaurant, or a tete-a-tete with a like-mind individual. You may also enjoy visiting a library, book shop or manicured park. Golf is an example of a slow, steady and earthy sport that could appeal.

Libra is an Air Sign so connecting with others can be a form of self-care as long as you are not going all out to make them happy, rather than looking after yourself. You are a natural diplomat and can become embroiled in other people's personal politics, therefore, you need to be mindful to mingle in situations that are easy-going and pleasurable. You can always take yourself on a date as a special self-care retreat. A trip to a beauty spa, exclusive shopping centre or art gallery could be an ideal escape for your Venus-ruled Zodiac Sign. Peace, serenity and beauty are all soothing to your soul. You may also enjoy joining an art or dance class, or a musical event. Sitting in peace at home listening to your favourite style of music can also be a wonderful means to escape the hustle and bustle of the world outside.

Scorpio is a Water Sign, so you may be better at looking after your loved ones rather than taking care of yourself. Luckily, you are a resourceful person, so, you can appreciate the need to make sure that you are nourished in all ways, so that you can then take care of the people in your inner circle. Occasionally listening to other people's problems can help you put your own into perspective, but you need to find other ways to practice self-care. You may find your escape in a water activity such as swimming, snorkelling, diving or sailing. The active planet Mars is the ruler of your Zodiac Sign and so a more active water sports such as motor boat racing or surfing may also provide an excellent means of escape. Curling up in an arm chair and reading the latest mystery crime novel could also appeal. You need to find your escape through an activity that is emotionally satisfying.

Sagittarius is a Fire Sign so spontaneity is a key factor in self-care. You are likely to want to escape to the great outdoors. You can break up your routine in small ways with a walk outdoors, by having a lunch break on a bench in the park, or planning an impromptu picnic. Any outdoor sport may appeal and be vital to your self-care. It's also possible that, like your Zodiac symbol, you could enjoy archery. Beach activities are also likely to appeal, as you enjoy wide open spaces in the sun. If you are compelled to stay indoors for a period of time, then you can divert yourself with a travel magazine, a foreign film, a study course, or a novel about faraway places. You may also enjoy sitting in peace in a religious venue, soaking up the atmosphere. Planning a short or long-distance holiday is also a great way for you to break-free of your responsibilities. Of course, you can then physically escape to your holiday destination when the time arrives.

Capricorn is an Earth Sign so hard work is second nature to you. As a result, self-care usually comes second to daily chores and duties to others. You are naturally a very responsible person, shouldering quite a big load. Even your pastimes can be somewhat onerous. For instance, you could join a hobby group or social club, and end up being nominated as an office-bearer or some such other honorary role. You need to make sure that you add a regular outing that helps you escape the confinement of other people's expectations, as well as your own. This could be



something simple like a daily stroll to a café where you enjoy a relaxing cup of tea, coffee or hot chocolate. Or it could be an activity that gets you out for a little longer, such as a game of golf, or another regular sporting event. Slow and steady wins the race. You just need to make sure that you are in it.

Aquarius is an Air Sign so sharing experiences is an important component for your self-care. You can be quite contrary and your interests reflect this trait. For instance, you could love to indulge in computer gaming, enjoying the adrenalin and matching skills with gamers from around the world. Alternatively, you could dislike gaming intensely and prefer to be techno-free. Either way, you do enjoy connecting with like-minded people, and this can be a great means of escape from everyday responsibilities. Your self-care routine involves relaxing in good company, exchanging anecdotes, and perhaps the occasional political observation. Freedom is important to you, and sometimes freedom comes with a fight. You are up for the contest. So, you need to take time out in places where you feel completely free. You may also enjoy a very simple yoga routine, one that helps you feel calm and stretches away your stress.

Pisces is a Water Sign so you, like your fellow Water Signs of Cancer and Scorpio, have more practice at taking care of others rather than self-care. You, however, are perhaps the most sensitive Sign of the Zodiac and therefore it's imperative that you learn to nourish your own needs. You are a born day-dreamer and love to escape into the realms of imagination. Anything attached to the arts – cinema, music, theatre, dance, poetry, art etc – is going to help you escape into your active dream-world. Spiritual practices may also appeal – meditation, prayer, retreats and the like. Water activities can play a central role in your self-care routine. These include swimming, sailing and fishing. Each day you need to find some time to slow down and unwind with a cup of calming herbal tea, and soothing music, if possible. You may also enjoy a water feature in your home, or garden. The sound of running water can be nurturing.

