

# The Priority Of The Person: Why Putting Yourself First is Essential for a Healthy and Fulfilling Life



Do you often find yourself putting the needs of others before your own? In a society that values selflessness and sacrifice, it can be tempting to believe that

prioritizing oneself is selfish or indulgent. However, neglecting our own needs and desires can have serious consequences for our well-being and overall happiness.

## Why Prioritizing Yourself Matters

Putting yourself first doesn't mean disregarding the needs of others or becoming self-centered. Instead, it means recognizing your own worth and taking care of your physical, emotional, and mental health. Here are some reasons why prioritizing yourself should be a top priority:



### The Priority of the Person: Political, Philosophical, and Historical Discoveries (The Beginning and the Beyond of Politics) by David Walsh (Kindle Edition)

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
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## 1. Self-Respect and Self-Esteem

When you prioritize yourself, you send a powerful message to yourself and others that you value your own well-being. This builds self-respect and self-esteem, leading to increased confidence and a stronger sense of self-worth. By taking care of yourself, you set the standard for how you expect others to treat you.

## 2. Mental Health and Emotional Well-being

Constantly putting others' needs ahead of your own can lead to burnout, stress, and emotional exhaustion. It's essential to dedicate time and energy to activities that bring you joy and allow you to recharge. Whether it's practicing mindfulness, engaging in hobbies, or seeking therapy, prioritizing your mental health is crucial for overall well-being.

### **3. Improved Relationships**

Contrary to popular belief, prioritizing yourself can actually strengthen your relationships with others. When you take care of your own needs, you show up as a healthier and more balanced individual. This enables you to be more present for your loved ones and contributes to more fulfilling and harmonious connections.

### **Tips for Prioritizing Yourself**

While understanding the importance of prioritizing yourself is the first step, implementing it into your daily life can be challenging. Here are some practical tips to help you make yourself a priority:

#### **1. Set Boundaries**

Learn to say no when necessary and establish clear boundaries with others. This ensures that you have enough time and energy for yourself without feeling overwhelmed or overcommitted.

#### **2. Practice Self-Care**

Engage in activities that nurture and nourish your mind, body, and soul. This can include anything from taking a hot bath, reading a book, meditating, or going for a walk in nature. Find what brings you joy and make time for it regularly.

#### **3. Seek Support**

If prioritizing yourself is a struggle, consider reaching out to a therapist, coach, or support group. Having someone to guide and support you in this process can make it easier to overcome any barriers or resistance you may encounter.

#### 4. Reflect and Reassess Regularly

Take time to reflect on your priorities and reassess them periodically. As life evolves, your needs and desires may change, and it's important to adjust your priorities accordingly. Regular reflection helps ensure that you stay aligned with your authentic self.

In a world that often glorifies self-sacrifice and putting others first, it's essential to recognize the importance of prioritizing yourself. Taking care of your own needs and well-being not only benefits you but also enhances your relationships and overall satisfaction with life. Remember, making yourself a priority is not selfish, but rather a necessary component of living a healthy and fulfilling life.

Keywords: priority of the person, self-care, self-esteem, mental health, relationships, well-being



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In *The Priority of the Person*, world-class philosopher David Walsh advances the argument set forth in his highly original philosophic meditation *Politics of the Person as the Politics of Being* (2015), that “person” is the central category of modern political thought and philosophy. The present volume is divided into three main parts. It begins with the political discovery of the inexhaustibility of persons, explores the philosophic differentiation of the idea of the “person,” and finally traces the historical emergence of the concept through art, science, and faith. Walsh argues that, although the roots of the idea of “person” are found in the Greek concept of the mind and in the Christian conception of the soul, this notion is ultimately a distinctly modern achievement, because it is only the modern turn toward interiority that illuminated the unique nature of persons as each being a world unto him- or herself. As Walsh shows, it is precisely this feature of persons that makes it possible for us to know and communicate with others, for we can only give and receive one another as persons. In this way alone can we become friends and, in friendship, build community.

By showing how the person is modernity’s central preoccupation, David Walsh’s *The Priority of the Person* makes an important contribution to current discussions in both political theory and philosophy. It will also appeal to students and scholars of theology and literature, and any groups interested in the person and personalism.



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