

HEALTHFUL TIPS



Me First!

Tips to Empower Others and Still Make Time for Yourself!

Don't Do For Others What They Can Do For Themselves

This is not saying don't help others when they need your help, but sometimes we fall into this rut where everyone else's needs come before our own. **Example:** You wash, dry, fold and put away your fourteen-year-old's laundry. Try looking at it a little differently. You are not doing your fourteen-year-old a favor. Your job is to make him an independent creature able to function in this world without you. The more you do for him, the less you are allowing him to grow up and take responsibility.

THEN START TO HONOR AND VALUE YOUR WORTH

Take Time Away

When you are running on auto pilot, you don't take time to step back and look at the big picture. Take a walk through a park, an hour at the coffee shop or a weekend retreat. Give yourself this downtime to think through where you are now and where you want to go.

Keep Interested

Schedule regular time for your interests or hobbies. You may spend an hour each week with a friend looking through antique

stores, meet up with buddies for a scrapbook weekend twice a year, go hunting or watch birds from your deck. Whatever your interests are, keep them alive by scheduling regular time for them.

Value Your Health

Put a priority on taking care of your health. This means regular check-ups, regular exercise and healthy food choices. It also means managing stress levels, getting adequate sleep, taking vitamin supplements as recommended, and taking an active role in your health and well-being. You cannot ignore your health month-after-month and year-after-year and expect to be healthy.

Have Fun

Watch a comedy, hang out with friends, ride the rides at the fair, stroll through the farmer's market or take a trip. Schedule time to enjoy.

Others notice the value you place on yourself. As you show more respect for your time and energy, they will too.

What will you do this week to make "Me First"?

In our world, there are many people and things vying for our attention. Some deserve a top spot on our priority list (faith, family, and friends) without a doubt. Others need to be near the top too (job and home). After these top priorities, it is essential to carve out time and activities that are just for you. After all, when you are well-fueled and at your best, you will be better equipped to care for others. Here are some ways that you can put yourself and your health first.

You, yourself, as much as anybody in the entire universe, deserve your love and affection. Buddha

THE FIRST STEP IN PUTTING ME FIRST IS TO MAKE TIME.

Say "No"

Say "yes" to the people and activities that you really want to, but learn to say "no" to things that you only do because you feel obligated. Learning to do this will free up precious time to spend on people and things that are most meaningful to you.