Do Something For You!

Women tend to be caregivers, by caring for their kids, their spouse/partner, family members, coworkers and friends. They often aren’t good caregivers to themselves. Take some time to take care of yourself. Do something for you, something that you enjoy, and don’t feel guilty doing so!

- Get your exercise in every day! Even if you have to do it in 10 minute increments, make the time. Go for a walk, join a gym or take a fitness class you’ve been wanting to try. Make it something you enjoy and you will be more likely to stick with it.
- Eat healthy. Remember to eat your fruits and veggies, low-fat dairy, whole grains and lean protein. A treat every once in a while is alright too!
- Sleep is very important too. At least 7 hours of sleep per night is recommended, so be sure you are getting a good night’s sleep. Take a brief nap in the afternoon, it may be just what you need to recharge your batteries.
- Take a moment to notice and appreciate your surroundings and those around you more. Enjoy watching the sunset, smelling the flowers and all of nature’s beauty. Stop and listen to children play. You will be surprised what tapping into your senses will do for you!
- Call a friend you haven’t seen in a while, go for coffee with a family member, or plan a date night with your spouse/partner. Reconnect with your loved ones with some one on one time.
- Treat yourself to a manicure or pedicure, a massage, a facial or have your hair done. These hands-on services can help re-energize you, as well as help reduce stress.
- Smile, laugh, repeat! Humor can reduce stress and has been shown to boost the immune system as well.
- Find something you enjoy doing and do it! Hobbies such as reading, gardening, crafting, and cooking can allow you to be creative and use your skills and talents.

Source: http://www.healthywomen.org

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