

Self-Care

Here are some suggestions for taking care of ourselves. Trying even one of these ideas may lead to good results. Self-care becomes easier with practice and when we start to notice the benefits.

Gratitude – One of the things within our power to change is our attitude. Striving to be grateful most of the time helps us have better days.

Good daily routines – One day at a time, having daily structure helps body, mind and spirit: getting enough sleep; morning and evening quiet time; healthy eating; regular exercise; breathing fully; getting white light; having the intention of being honest, kind, loving, and grateful; doing things we enjoy; regular spiritual practices; honestly expressing feelings and needs; and balancing our time as best we can.

Writing – Writing about our thoughts, feelings, relationships, struggles, joys, and other important aspects of life helps us see things more clearly. That process helps us work out solutions to problems and enjoy life more as a result.

Connect with people we enjoy – We are all social beings, with some people being more introverted or extroverted than others. Making the effort to have relationships with people we like and enjoy is good for everyone.

Focus on what we want – Rather than resisting what we don't want, which actually brings more of that into our lives because we're focusing on it, when we focus on what we *do* want, the same thing happens – it brings more of those things into our life.

Have goals and work on those – It's motivating to have something good to be working towards. Breaking down big goals into smaller pieces makes them more doable. It feels good to accomplish those smaller pieces and eventually meet the larger goal.

Have boundaries – Sometimes others want more from us than we want to give, such as our time, our personal space, or something else. We can let someone know what is ok and comfortable for us and what is not. It's ok to say no. I don't want such rigid boundaries that they shut people out; however, I can have boundaries that help me feel safe, comfortable and honored.

Do my best – Perfection is a nearly impossible feat to accomplish with rare exception, and always striving for that is a way to stay frustrated. When we truly try to do our best, we're on the right track. We can feel good about our accomplishments. I need to remember: progress, not perfection.

Personal inventory – Each day I need to reflect on how I'm doing: Am I living according to my values and morals, and if not, what do I need to do to adjust? Being true to ourselves is a good way to live.

Don't take life too seriously – Lighten up. Yes, there are things in life that need to be taken very seriously. By the same token, if I take life *too* seriously, I miss the enjoyment of it. I don't want to miss that!