

## Wellness from Within - December 2005

Give yourself the gift of time By Jennifer Powers

Taking time for ourselves, especially during this busy time of year, usually winds up at the end of our long to-do list. We say, "OK, as soon as I get this, this, this and that done I'll do something I really enjoy. Something I "want" to do instead of something I "have" to do. But too often that list of "have to's" never gets done because life keeps adding to it. But ya know what? There is something to be said for taking time for ourselves, and here it is...we HAVE to do it.

You've heard this advice before. You know that taking time for yourself will not only benefit you, but those around you. And the primary reason you don't do it is because there's simply not enough time. That's why it's called "taking" time for yourself. You have to steal it, plan it, create it- make it yours. Here are four simple ways to do just that:

1-Create a to-do list and prioritize the tasks. Insert an activity that you "want" to do up towards the top of the list and another towards the bottom. By doing this, you break up your day into manageable parts and find the balance you need to perform at your full potential.

2- Wake up fifteen minutes earlier in the morning to find some quiet, reflective time before your day begins. Watch the sun rise, meditate, stretch, or just sit and take a few deep breaths. Giving yourself time to get centered before the hustle and bustle will keep you grounded for the rest of the day.

3- Be more selective about how you commit your time. Ask yourself these three questions before saying "YES": Do I have the time, energy and resources? How will saying "yes" benefit me? Do I really want to say "yes"?

4- Use daily affirmations to connect with the benefits of taking time for yourself. For example, "Taking time for myself makes me stronger, happier and healthier." or " In order to give *help* to others, I must take *time* for myself".

If you feel overwhelmed, it's time to regroup. Listen to your own needs and honor them. Commit to taking time to find balance, happiness and good health. You deserve it. And after all, it's *your* time to begin with, so feel free to use it any way you want.



**Quotable Quote:** "Moments alone and our need for them are not a perversion, they are a life-giving force." – Anne Wilson Schaef