

[IMAGE]

Time for a Little "Me Time"

By Editorial Staff

At what point did your life become more about everyone else – work, family, etc. – and far too little about you? It's OK to be selfish when it comes to your health; after all, if you lose your health, you won't have the ability to do all the things you do for all the people in your life. So take a little "me time" with these tips to get away from your busy day (week, month, year, life) and focus on becoming a healthier you:

1. Hit the Road: We talk a lot about the benefits of working out at home, but the disadvantage to that strategy is that unless you have a dedicated gym space, away from the hustle and bustle of the family, you never really get to enjoy your own private time. So schedule gym time 3-4 times a week and stick to it; that hour or so out of the house (even when surrounded by other gym enthusiasts) will feel like a refreshing, reinvigorating break from the daily household grind.

2. Wind Down: Even the busiest day can end the right way if you plan for it. Dedicate a good 45-60 minutes every night to an activity of your choosing that not only gets you "away from it all," but also allows you time to wind down, relax and prepare for restful slumber. Prepare a hot bath, read a good book, do some yoga, or even just take a brisk solo walk and "discuss your day" with.

me time - Copyright © Stock Photo / Register Mark *3. Make a Plan:* Dinner and the movies is a great plan that too often stays a great plan, rather than manifesting into reality. So schedule a date night and make it happen. Even the act of scheduling will do wonders for your day. Once you know it's on the calendar, you'll look forward to it - and worry less about the hectic moments in between.

4. Keep Learning: When we're young, we're always learning – new activities, new projects, new information. But somehow after a certain age, we're too likely to stick to the "same old, same old." That leads to boredom, burnout and dissatisfaction with the state of affairs. The solution? Try something new! Whether it's a new hobby, a new jogging route or a new certification to take your career to the next level, you'll be amazed how good you'll feel.

We all need more "me time" in this crazy, overworked world – so make sure you're getting enough. If not, you could pay the emotional and physical consequences.

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