

## OUR SELF-CARE CHALLENGE: 5 SURVIVAL TIPS TO GET THROUGH THE CRAZY DAYS;

By Mary Jo Kurtz

With all of the obligations we face, it's not possible to shirk our responsibility and just head to the beach. Though there are ways to make our hectic days more enjoyable.

### 1. Create a "Top 3 Blessings of the Day" List

The days are hectic yet every day, I notice there are little things that keep me going. One day last week my son, Andrew, got up with me and we took a walk on the boardwalk. I wrote our walk down on my blessings list. All day long, I smiled when I thought of the two of us watching the sun come up and talking as we walked. So as good things occur in your day - add them to your blessings list but keep it to the top 3. Just writing these down will help you focus on the good things in your life. You'll be amazed at how your perspective changes.

### 2. Acknowledge the Inner Critic and ask it to shut up!

Everyone has an inner critic. You might call it the gremlin or the guilt. But no matter what you call it, it's that little voice that keeps telling us how we screwed up again, or how we just didn't get it all done. Well, awareness is the key here. - Do yourself a favor. When you hear that little voice - tell it to take a hike. It's not welcome anymore!

### 3. Live in the moment

Women are conditioned to multi-tasking all the time. Do you commute to work while listening to tapes, reading, working on your laptop, or making calls? Or maybe you're at home working and doing laundry and preparing dinner. When you're not able to do more than one thing, do you feel unproductive? If that's the case, set an intention to let that feeling go. Try to accept that whatever you are doing is exactly what you are supposed to be doing. Accept it and don't try to do anything else. Simplify and enjoy!

### 4. Create Your Support Circle

Find others in the same boat - ask how you can help each other. We sometimes feel like asking for help means that you have failed or are burdening someone else. The truth is, asking for help makes your friends feel needed and creates stronger bonds. I have created a wonderful network of friends this way. I cherish that we can laugh about the adventures of each other's days and can relax just a bit more knowing we'll pick up the pieces for each other in a heart beat. Let's not forget our mates here either. Find a way to get them involved too.

## 5. Extreme Self Care

Indulge in as many of the following as you can over the next 90 days. If getting yourself to do one of them alone seems challenging, make a date to go with a friend. It will force you to stick with your plan and it'll be twice the fun.

- Manicure
- Pedicure
- Try Rolfing
- Eye brow wax
- Massage
- Go to bed an hour early
- Reflexology
- Cranial sacral work
- Take a hot bath
- Start a vitamin regimen
- Drink 8 glasses of water a day
- Yoga
- Lose yourself in a favorite magazine
- Browse through some old photos
- Try sensory deprivation in a flotation tank
- Keep a dream journal
- Meditate
- Color your hair
- Ask your husband to rub your feet
- Take a long walk
- Buy new makeup
- Get a facial
- Try Reiki
- Buy a great pair of summer sandals
- Call a girlfriend.

### **The Challenge:**

Pick at least 1 self care activity per week and do it! Tell us what you did and how taking the action affected you. You can contact me at [mjskurtz@wellnecessity.com](mailto:mjskurtz@wellnecessity.com).