

Happy Holidays!

What a perfect time of the year to be talking about Self Care, our next topic in having and maintaining your ideal weight. Holiday time is notoriously the time of year when many of us have a tendency to look after everyone else but ourselves! And, unfortunately when I do not focus on myself and self care, different areas of my life sooner or later will start to fall apart. (It's happened many times . . . Believe me!) I have determined that self care is critical for any well designed ideal weight plan as well as any well designed life!

I am the center of my life. Does that sound selfish? Maybe . . . But it's true! I have a teacher who describes this as me being the hub of my wheel. I am the center, and the spokes that differentiate the different aspects of my life surround me . . . Things like family, career, recreation, finances, volunteer work. All those aspects that may be a part of each of our lives. But if I'm not taking care of myself, what happens to my family life? If I don't take care of myself, what happens to my energy for my work, whatever that might be?

What is self care?

This is often different for each of us, but certainly can have similar elements. Let me tell you what's on my list, as well as others that maybe could be on my list, or that you might like to put on yours.

Getting to a Bikram yoga class 3 - 4 times/week, drinking a minimum of 6 glasses of water/day, eating breakfast, lunch and dinner, brushing my teeth, washing my face, taking 5 minutes of silence and solitude each day, writing in my journal, making a gratitude list each day, going for a walk, reading.

Think about things that nurture and sustain you. Think of things that you really love to do. Put them on your list! And then make yourself a "bare minimum" list. Use this as a tool. Each day check off the things that you've done to take care of yourself, and then celebrate!! Yes, I mean celebrate! Pat yourself on the back, yell woohooo!!, do a happy snoopy dance. And then just see how much energy you have for your life, as well as for your ideal weight plan!

Here's another self care opportunity:

I will be spending time with my Reconnective Therapy instructor in a class setting on January 7th, and you are all invited to come for a free treatment by one of the many fine first frequency practitioners in my class. This is the first time Herwig has offered this opportunity, and if you are interested in meeting my teacher and in having a free reconnective treatment, now is your chance! The class is held at the Carondelet Center Sunday January 7th at 10 am. The class will not likely last longer than 2 hours. Please let me know if you are interested in attending.

Happy Holidays to each of you! May you enjoy your family, your friends, yourself!

With Gratitude and in Grace,

Michele

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