

Step It Up: Self-Care Suggestions for Success in 2019

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Enlightenment

For a variety of reasons, **women often find it difficult to balance the care of the “whole” self: body, mind, and spirit.** A less than ideal balance can contribute to illness, stress, poor job performance, difficulty sleeping, and poor eating habits.

“You can give the best care to your family and friends when you put ‘yourself’ on your to-do list.”

Women may address one part of their self-care, but it takes constant, purposeful effort to address all three very important areas. I strongly believe that your life satisfaction will improve significantly when you make time to create a genuine action plan to “Step It Up” in 2019. **You can give the best care to your family and friends when you put yourself on your to-do list.**

Education

BETTER YOUR BODY: 1) **get active** (every day); 2) **control cholesterol** (say “no” to the chips); 3) **eat better** (fruits, vegetables, and nuts are your friends, not your enemies); 4) **manage blood pressure** (don’t ignore symptoms); 5) **lose weight** (which favorite dress in your closet must you get back into?); 6) **reduce blood sugar** (step away from the sweets); and 7) **stop smoking** (save money, smell better, find a new hobby).

BETTER YOUR MIND: 1) **play brain games, board game and puzzles** (hide your electronic devices under the mattress and give your brain a workout); 2) **eat more brain foods** (increase nuts, berries, and antioxidants); 3) **sleep** (yes, beauty sleep is a real thing!); 4) **volunteer** (giving from the heart helps you remain humble), 6) **try something new** (new sport, new food, read a book, learn a language, learn an instrument, or travel); and 7) **make meaningful memories and cherish family and friends** (how many unexpected funerals do you need to attend to realize how short life can be?).

BETTER YOUR SPIRIT: 1) **take time for yourself every day** (your age = minimum number of minutes you should give yourself each day); 2) **be open-minded** (take a moment to consider other options) 3) **practice forgiveness** (treat others as you would like to be treated) 5) **pray** (you have an unlimited data plan concerning your communication with God); 6) **choose to live joyfully** (happiness is both a feeling and a choice); and 7) **ask for and accept help** (no woman should be an island!).

Empowerment

It may seem that the suggestions above are just more things to add to your to-do list, but the difference is your motivation and desire to improve your life balance. **It’s time to thrive, not just survive.** Start by writing down the things that are most important to you. These are the things that deserve your attention and the framework for your new adjustments. Yes, it will take some extra effort to transform the life you have into the life you want, but I am certain that it will be more than worth it for you and the important people in your life. **You can bring your dreams to life despite the challenges you may encounter.** You may need to take a break from some things or people. You may even need to permanently give up some behaviors, things, or people hindering your life enhancement plan. You may need to set boundaries for the help that you give to others or limit the number of things to which you commit yourself. **Save some of yourself for you.**



Quote of the Month:

If you must look back, do so forgivingly. If you must look forward, do so prayerfully. However, the wisest thing you can do is be present in the present...

Encouragement

As you prepare for the joys and challenges of 2019, please consider a new and improved approach to achieving better balance in the self-care of your body, mind, and spirit. **Select your strategies...Step into action...Stick to your plan... Step it up and Succeed! You’ve got this and You’ve got to do this!!**