

SELF-CARE: TIPS FOR TAKING BETTER CARE OF YOURSELF

by Tchiki Davis, Ph.D.

It's so important to make sure you take good care of your body, mind, and soul every day, not just when you get sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it are touchstones of self-care and can help you anti-stress, stay healthy, and be resilient.



Make sleep part of your self-care routine.

Sleep can have a huge effect on how you feel both emotionally and physically. Not getting enough can even cause major health issues. But stress and other distractions can wreak havoc on our sleep. Make sure your bedroom is the best possible place for you to get good REM sleep. It should be free of distractions (such as a television, laptop, cellphone, etc.).

Take care of yourself by taking care of your gut.

Your gut health can have a significant impact on your health, well-being, and feelings of vitality. The types of foods you eat crucially impact the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes. Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body. Some of the most amazing self-care foods include fatty fish, blueberries, nuts, green leafy veggies, and brassicas, like broccoli.

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Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honoring them.

- Kristi Ling

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Self-Care Book Recommendation

Resilient

by
Dr. Rick Hanson

*New York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system in his new book **Resilient**. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity.*

Say no to others, and say yes to your self-care.

Learning to say no is really hard. Many of us feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more empowered, and you'll have more time for your self-care.

Take a self-care trip.

Taking a self-care trip can make a huge difference in your life. Even if you're not feeling particularly stressed, getting away for a weekend every now and then can help you disconnect, relax, and be rejuvenated. These self-care trips don't have to be costly; simply drive to the next town over and see the sights, or go camping nearby. The goal is to veer away from your normal schedule and take the time to do something just for yourself.

Let a pet help you with your self-care.

Pets can bring a boost to our lives. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care. Dogs especially can help reduce stress and feelings of anxiety and can even lower blood pressure. In fact, many people who suffer from disorders like PTSD have benefited from working daily with animals, which is why service dogs have become so helpful for these individuals.

Take care of yourself by getting organized.

Getting organized is often the first step to becoming a healthier you, because it allows you to figure out exactly what you need to do to take better care of yourself. A small change, like keeping a planner or a calendar on the fridge, can help you write down all your responsibilities and appointments, while at the same time keeping your life a bit more organized. You can also create an area to keep keys, purses, backpacks, briefcases, and coats, and make sure they're ready to go for the next day.

Cook at home to care for yourself.

Many people don't take the time to make themselves meals, preferring instead to stop for fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients. Even if it's only once a week, consider making a healthy meal for yourself or your whole family. You could even look into a meal delivery service or meal kit that can help you get started.

For more information or advice, contact eni online at:

www.eniweb.com

February 24th is National Tortilla Chip Day

Celebrate with this 5-minute Healthy Salsa Dip Recipe

by Katie Crenshaw at A Fork's Tale



INGREDIENTS:

- 14 oz can diced tomatoes
- 10 oz can Rotel
- ½ small onion roughly chopped
- 1 clove garlic chopped or 1 tsp of minced garlic
- 1 jalapeño seeded
- 1 tsp honey
- ¼ tsp cumin
- medium sized handful of fresh cilantro washed
- juice of one lime
- salt to taste

DIRECTIONS:

1. Put all ingredients in base of food processor. Pulse until finely chopped.