

YOU ARE IMPORTANT! Self-Care is important

Self-care..... What does that mean to you?

It goes back to the old adage of "If you don't take care of yourself first, you can't take care of anyone else." It is important to take care of oneself, a lot of us get too busy with the hustle and bustle of everyday life running here and there, taking care of children, family members and friends. Too busy to take a break, clear our minds and ground ourselves. Taking care of yourself doesn't cost a lot of money and can easily be done. Here are a few tips and inexpensive ways to take a much needed time out.

- Turn your cell phone or computer off for at least an hour, taking that break from technology not only gives you a free moment it can save on the cost of your everyday bills.
- Take a walk in the bush or down by the lake, take your shoes off and enjoy the feel of the ground or the water. Water has a healing energy all of its own and walking bare foot can help ground you.
- Take a 20 minute bath at the end of the day with your favorite bath products, light a candle and soak away your stress and worries.
- Make your favorite cup of tea and watch the sunset or something you find beauty in.
- Clean something, cleaning can help you focus, work out your stress and give you a sense of accomplishment
- Smudge, it is a well-known fact that smudging releases negative energy, can help you stay focused and bring positive energy.
- Keep a Journal, write down your thoughts and feelings good and bad and let them go. Too many negative thoughts about ourselves is like carrying a brick house.
- Meditate or do yoga.
- Take time out with a friend, go for a drive, sit and catch up the best conversation is one filled with love. Come on down to the Health Centre and share your thoughts and ideas on self-care, learn more tips and tricks on how to take care of you. 10 spots available for both men and women's evenings. **Call Marcie at the Health Centre to sign up 705-657-2557**

Women's night September 19th 2016 from 5-7. Go home with a jar of bath salts and start your self-care routine.

Men's night September 26th 2016 from 5-7. Hunting season is fast approaching... Jerky making 101.

