ME TIME

Guilt-free ways to take care of yourself



It’s no secret that we’re living in stressful and uncertain times right now. Our lives have been turned upside down with the restructuring of work and school, and with all these changes, it’s easy to push aside our need for “me time”. With the family around 24/7, it’s understandable to feel guilty about taking time for yourself, however, this is exactly what you must do to ensure you’re at your happiest and best, for them.

Parenting, being a great spouse or friend is difficult. It requires self-control, decision-making and debating skills, creativity, selflessness, and endless stamina, to name a few, which all drain energy reserves. So, without a break or time to replenish that energy bucket, how are you supposed to be at your best for everyone?

Many of us associate “me time” with being selfish or taking time away from others, leading to mounds of guilt, but it doesn’t have to be like that at all. There are many ways to find 20 or 30 minutes of undisturbed, private time for yourself, while still at home, without interrupting your current schedule or quality family time.

**#1. WHAT MAKES YOU HAPPY?**

The first, and most important, thing you must do is discover a few activities you really like, that bring you peace and joy, and allow you to truly take a deep, relaxing breath.

Is it sipping a nice cup of coffee or tea on the porch, watching TV with a glass of wine, exercising, meditating, a hobby, a bath with candles, reading a good book, or something else?

This is the hardest thing to unearth sometimes, since we spend most of our day trying to please others, but for this to work you must find a few soul-filling activities. This might take some trial and error, but don’t despair and don’t give up.

**#2. ADJUST YOUR THINKING**

As children, we learn that when interacting with others we must share and be nice. It’s no wonder that when we try to prioritize our own needs, we may feel guilty and uncaring. We can’t think this way. Yes, it’s most important to share and care for others, however, we are equally worth it. It’s not selfish to care for yourself; it’s necessary. If you don’t take care of your mental and physical self, then how can you be at your best for others? Believe it! Taking care of yourself for 20-30 minutes daily is a selfless act to ensure everyone you love gets you at your best.

**#3. FIND TIME**

Once you’ve selected activities that make you happy and realize you are worth 20-30 minutes-a- day, now it’s time to find that tiny slot in your schedule. This might mean you need to slightly alter your current calendar or your current habits. Here are some ideas:

* Wake up 30 minutes earlier
* Go to bed 30 minutes later
* Occasionally forgo a chore, after-all, do they all need to be done daily?
* Involve your spouse or friend(s). Explain the importance for their “me time” as well, and take turns with responsibilities while the other enjoys their private half hour



**#4. SCHEDULE IT**

As with all items on your daily To-Do list, “me-time” is equally important, so, plan ahead and make sure to put it on your daily calendar. Write it in ink, at your pre-determined, convenient time, every day, and make sure everyone involved is aware of your needs. No matter what, do not deviate from that new schedule.

There are no more excuses. You can do this. Your family and friends are important, and they all need you at your best; so, take these steps to essential self-care and enjoy your daily “me-time” for a better you!