

# Saturday Journal...

Where and how do I add  
more stress to my own  
life?

What can I do differently?

[#last90days](#)

[www.PhileciaDayle.com](http://www.PhileciaDayle.com)

## **Feeling Stressed? Let's Talk Self Care**

Stress often gets a bad reputation. Why is that? Oftentimes, it is because if left unchecked and not managed, stress can wreak havoc on our lives, our relationships, our jobs and our health. I have often said "a little stress goes a long way". A little stress can prompt you to finish your homework, clean your garage, meet that deadline at work, get your kids to school on time or lose weight. A little stress can be the push some of us often need to rise to a challenge. HOWEVER,

stay focused on the key word here Framily. I said "little". I mean just enough to make you uncomfortable.

Unfortunately, as a society, we are now so immune to a "little" stress, we don't often recognize it. This level of stressor, can be the reminder email about a meeting, or your friend texting they are 15 minutes away to pick you up for a fun night out. So what do you do? Remain at your desk to complete a task instead of preparing for the meeting. Continue to talk on the phone instead of hanging up and preparing to leave. Oh! And at this time of year, we tend to overcommit to holiday parties and gatherings. Any of this sound familiar? All of this is stress WE cause. This is on top of the stressors caused by our jobs, our kids, our schedules, traffic, the wardrobe mishap as we are rushing out of the door to meet our friend who has now been waiting on us for over 10 minutes because we didn't hang up when they were 15 minutes away. Seriously, we have got to do better and I say we start TODAY with a little SELF CARE! Yes! I'm talking 'bout Self baby! I'm talking 'bout you and me! TODAY!

I have not always been the best at taking care of MY Self. I admit I am not always the best at it now. I am much more intentional about practicing it and making time for it. Here's some of my favorite Self Care Tips:

1. **Spend  
time  
with  
family  
and  
friends.**

I  
am  
actually  
writing  
this  
at  
my  
BFFs  
house  
in  
Nashville.

I  
know  
when  
I  
am  
with  
her

we  
will  
spend  
time  
catching  
up,  
actively  
listen  
to  
one  
another,  
laugh,  
play  
music  
(usually  
dance  
like  
no  
one  
is  
watching),  
maybe  
even  
play  
cards  
or  
watch  
a  
movie  
on  
the  
couch  
together.  
Did  
you  
know  
spending  
time  
with  
friends  
actually  
has  
a  
therapeutic  
affect  
on

your  
psyche?  
Check  
out  
this  
article  
from  
the  
Mayo  
Clinic  
on  
how  
friendships  
improve  
our  
lives  
and  
our  
health.

## 2. **Unplug.**

Yes.  
Unplug  
from  
my  
phone,  
laptop,  
television,  
radio,  
loud  
noises,  
and  
even  
light.  
This  
provides  
me  
the  
best  
space  
to  
meditate  
and  
just  
be  
still  
in

thought.

It  
does  
take  
practice.

Be  
careful  
not  
to  
mentally  
write  
your  
grocery  
list  
or  
think  
about  
all  
the  
things  
you  
may  
be  
missing  
online.

Just  
10  
minutes  
in  
a  
quiet  
place  
makes  
a  
really  
big  
difference  
in  
my  
day.

Try  
it  
and  
let  
me  
know

what  
you  
think.

3. **Say  
"No"**.

I  
know  
that  
overcommitting

is  
the  
absolute  
worse  
habit

I  
picked  
up,  
as  
my  
life  
got  
busier  
with  
kids,  
work,  
organizations,  
events  
and  
just  
"stuff".

To  
look  
at  
my  
calendar  
and  
see

I  
was  
scheduled  
to  
be  
in  
3  
places  
at

the  
same  
time  
or  
that  
I  
had  
only  
given  
myself  
17  
minutes  
to  
make  
a  
35  
minute  
drive  
from  
one  
appointment  
to  
the  
next  
was  
indeed  
stressful.  
Sure.  
It's  
great  
to  
be  
included  
or  
depended  
upon  
by  
your  
family,  
friends  
and  
colleagues.  
It  
is  
also  
just

as  
important  
to  
say  
"NO".  
It  
is  
not  
physically  
possible  
for  
me  
to  
be  
in  
3  
places  
at  
once  
nor  
is  
it  
safe  
for  
me  
to  
try  
get  
somewhere  
in  
17  
minutes  
when  
it  
takes  
35  
minutes  
normally. Yes.  
I  
may  
upset  
someone  
if  
I  
don't  
meet



them  
for  
coffee  
or  
attend  
their  
house  
gathering.

I  
know  
I  
cannot  
please  
all  
the  
people  
all  
the  
time.

You  
can't  
either  
and  
it's  
just  
nuts  
for  
us  
to  
try.

Instead  
of  
experiencing  
FOMO  
(Fear  
of  
Missing  
Out),  
I  
happily  
experience  
JOMO  
(Joy  
of  
Missing  
Out)

and  
am  
healthier,  
happier  
and  
energized  
for  
the  
things  
I  
really  
do  
need  
to  
conquer.

Here is a great article with more **Self Care Tips** to consider. Hit reply and share how you are going to take release some of your stress and practice your Self Care starting TODAY.

With purpose and passion,



©2018 PhileciaDayle People. Ideas. Creatively Connected | Cincinnati, OH 45202, US

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by  
**GoDaddy Email Marketing**®