



Fill your cup...Our society teaches us that taking care of ourselves first is selfish and a bad thing. This tends to be a tough concept for most women. Growing up we were taught to put others first. We've been programmed genetically and socially to be the caregivers, to put others first. When this is practiced continually it becomes a habit to negate your own personal needs. Unconsciously this implies that our needs and wants are not as important as others, which can lead us to believe we are not worthy. We think we don't deserve to take care of ourselves until everyone else is happy.

On an airplane, we're instructed to put on our own oxygen masks first, before helping a child do the same. If you think that's a crazy idea, realize that you're not much help to anyone if you've passed out due to lack of oxygen because you tried to help everyone else first.

Taking care of yourself = keeping your cup full. If you don't do things to keep your cup full, you have nothing left to give or share with others. If you're worn out all the time, it's difficult to function at your best.

Everyone is a better person when they take care of themselves emotionally and physically. When you take time to feel calm, content, and a little pampered, you're going to get the emotional energy boost that you need to be the best parent, spouse, child, friend, employee, etc. that you can be. You will be better able to appreciate life.

Do you feel like you're too busy to even consider taking a moment for yourself? If YOU are not high enough on YOUR priority list to squeeze in a few minutes for YOU, consider making some choices so you can fit in some important self-care time. It doesn't matter if you work full-time, are retired, are a young mom, or an empty nester... you deserve to take time for self-care. Even if it's just 10 minutes a day, carve out that time for yourself.

It's easy to say, "Fill your own cup!", but what does that really mean? It means something a little different to everyone, but here are some general ideas to get you started.

Slow Down - If you're always busy, you're either taking on way too much or you're really awful at time management. Nobody needs to be hustling 24/7, so slow down, say "no" more often, and enjoy a more relaxed pace.

Take 10 - Every day, set aside at least ten minutes where you do absolutely nothing but relax. No tidying up, no contemplating work, no talking. Just be.

Treat Yourself - Whatever special thing you love, treat yourself to it first. A brand-new book, a fancy latte, whatever. You deserve to be treated, too!

Discover What You Love - Hobbies are so important for sanity. Lighting your passion for something outside family and home life helps keep you engaged and refreshed.

Adjust Your Schedule - Finding it difficult to find time for yourself? Adjust your schedule. Get up earlier to take advantage of some quiet time alone or set aside your lunch break to just do something for yourself. Everyone gets the same number of hours in the day, it's up to you to fit yourself in there somehow.

Meditate - Whether you're a newbie or old hat, shutting everything off for a few minutes is good for your whole being. No distractions, no stresses, no electronics or conversation.

See Friends - There's little as uplifting as getting together in person with friends. We rely on texting and emailing these days, which can leave us feeling disconnected. Even setting aside an hour for coffee with a friend can change your entire week.

Get Outside - Taking a midday walk, getting fresh air into your body, or taking a hike on weekends will boost your mood and add cardio to your schedule—always a great thing!

Don't Be a Martyr - Really, just don't. There are no medals for being the busiest, most tired or most burnt out. Your family and friends genuinely want you to be happy, so take some time out for just you and do everyone a favor.

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It's not selfish to love yourself, take care of yourself and make your happiness a priority. It's necessary.

Challenge of the week...

Fill your cup a little every day.

What fills your cup?

Let me know.

Share it on Facebook and encourage others to do the same. We need to take better care of ourselves and encourage those we love to do the same.

Taking care of yourself doesn't mean me first, it means me too.

Bottom line:

Fill your cup first... apply your oxygen mask first... nurture yourself first... and do so without guilt.



Workout of the Week: 5 Minute Flexibility

Pigeon

Start on all-fours, bring right knee forward and place it behind right wrist. Place your right ankle in front of the left hip. Slide your left leg back, straightening the knee and pointing the toes. Keep your hips square and gently lower them down. If you can, lower your upper body to the floor and rest your forearms and/or forehead on the floor. Breathe and maintain stretch for at least 20 seconds. On an exhale, try to release tension in the right hip.



Runner's lunge

Step forward with one leg and bend your knee (90°) to drop hips. Descend until the rear knee is close to the floor and front knee is directly above the ankle. Tilt your pelvis forward and squeeze your glutes. Breathe deeply and hold the stretch for at least 20 seconds. Sit back into the back leg while flipping the front foot up to stretch the hamstring.

Standing Side Stretch

Stand with your feet together and your arms straight overhead. Clasp your hands together, with your fingers interlaced and pointer fingers extended. Inhale as you reach upward. Breathe out as you bend your upper body to the right. Take five slow breaths. Slowly return to the center. Repeat on the left side.



The Forward Hang

Stand with your feet hip-distance apart and your knees slightly bent. Interlace your fingers behind your back. (If your hands don't touch, hold on to a dish towel.) Breathe in and straighten your arms to expand your chest. Exhale and bend at your waist, letting your hands stretch toward your head. Hold for five deep breaths.

The Seated Back Twist

Sit on the floor with your legs straight. Bend your right knee and step your right foot over your left leg. Put your right hand on the floor, fingers pointing outward, for support. Bend your left elbow and turn to the right, placing the back of your arm against your right knee. Inhale as you sit tall. Breathe out as you twist, pressing your arm into your leg and looking over your right shoulder. Hold for five breaths, then slowly return to the center. Switch sides.



The Bound Angle

Sit on the floor with your legs straight. Bend your knees and bring the soles of your feet together, letting your knees drop toward the ground. Hold your shins as you inhale and stretch your chest upward. Exhale as you hinge forward from your hips (without rounding your back) and place your palms on the ground. Hold for five slow breaths.

Chest and Shoulder Stretch

Sit or stand and clasp your hands together behind your back, arms straight. Lift your hands towards the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest. Hold for 15 to 30 seconds, repeating one to three times.



Lying torso twist

Lay on your back with legs extended straight. Bring your left knee towards your chest, then guide it across your body to the right with help from your right hand placed outside of left knee. Stretch your left arm out to the side and look towards your left hand. Breathe slowly and deepen the stretch with every exhale. Hold stretch for at least 20 seconds and repeat with right knee.

Grilled Eggplant with Fresh Mozzarella, Tomatoes and Basil Vinaigrette



Ingredients

2 large eggplants, sliced into ¾-inch rounds
Salt
¼ cup plus ½ teaspoon extra virgin olive oil
1 large tomato, seeded and diced (I used an heirloom tomato because they're awesome, but any old tomato will do)
8 ounce fresh mozzarella (1 average ball), sliced into ¼-inch rounds
For the basil vinaigrette:
1/3 cup fresh basil, packed
2 cloves garlic, peeled
2½ tablespoons red wine vinegar
5 tablespoons extra virgin olive oil
Salt to taste
Fresh ground pepper to taste

Instructions

Slice your eggplants into ¾ inch rounds. Sprinkle both sides of each round with salt and place them on a paper towel lined plate. Let rest for 20 minutes.
While your eggplant is resting, prepare the basil vinaigrette. Place all of the ingredients for the basil vinaigrette in a blender or food processor and puree until smooth.
In a small bowl, toss the diced tomatoes with ½ teaspoon olive oil and a pinch of salt. Set aside until ready to use.
Heat your grill or grill pan over medium heat. Pat the eggplant dry - the salt will have drawn the excess moisture out of the eggplant, and brush both sides of each round with olive oil and season with a little extra salt. Grill the rounds for about 8 minutes on each side or until very tender. Remove eggplant from the grill and let it cool to room temperature.
When grilled eggplant is cool, layer the rounds with slices of fresh mozzarella.
Top the eggplant and mozzarella with the diced tomato.
Drizzle the basil vinaigrette on top and serve your grilled eggplant masterpiece at room temperature.

Upcoming Events:

Ditch the Diet Series @ Spark Natural Health – Monday, August 12th & August 19th at 6:30pm *call Spark to register

Back, Core & Pelvic Floor Class @ Fit Elements – Thursday, August 15th at 6:30pm *call Fit Elements to register

September's Accountability Group *register online @ beyondpersonaltraining.org

Girlfriend Getaway Retreat @ Holbrook Lake – Friday, November 1st (5pm) to Sunday, November 3rd (11am) *register online @ beyondpersonaltraining.org

For more information on any services, classes or upcoming events feel free to contact me at:

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Facebook at Beyond Personal Training

or log onto beyondpersonaltraining.org