HEALTHY HARMONY - Self-Care: Finding the Time

By Jackie Billhymer

“An ounce of prevention is worth a pound of cure.”
- Benjamin Franklin

A happier and healthier lifestyle starts with taking care of yourself. A good place to start is to think about your basic physiological needs such as air, food, water, and sleep. The amount of sleep you get, the amount and variation of nutrient-dense foods you eat, and the ways in which you move your body have a big effect on your well-being. A lack of sleep can cause irritability and a lack of focus. The likelihood of developing serious health issues such as obesity, heart disease, high blood pressure, and type II diabetes increases if processed foods make up a majority of your diet and/or if you do not get enough physical activity.

Establishing these healthy behaviors and practicing self-care is not always easy. Self-care often takes a back seat to the laundry list of commitments and responsibilities we have. If you include the amount of time spent on social media and technology in general, it may seem like there is not enough time in the day to devote to yourself. In reality, practicing self-care even just for five minutes a day can offer the support you need to be healthy, engaged, and a happier employee.
Kick-start developing healthier behaviors by devoting small blocks of time to a variety of activities throughout the day. Take a few deep breaths or stretch, run in place, do some jumping jacks, or walk up and down steps. Go a step further and make a list of activities you can do in 10, 15, or 30 minutes each day. Make the commitment to spend just five minutes a day (or more!) on self-care and increase your chances of success toward creating a healthier lifestyle that can be sustainable for the rest of your life.