

Intentional Self-Care

Over the last few years we have been deluged with a wealth of opinions and information regarding how to be healthy. **Self-care** begins with taking a look at the big picture of our whole life; physical, emotional, relational and spiritual. As I think about my life I ask myself these questions;

- 1) What am I putting *into* my body? What am I eating and drinking?
- 2) What am I doing *to* my body? I think about my work load and pace, stress issues.
- 3) What am I doing *with* my body? How am I exercising / physically moving my body?
- 4) How am I *resting my* body? What are my sleep and relaxation routines/patterns?
- 5) How satisfied am I with my relationships? Family, friends, support networks.
- 6) How fulfilling are my spiritual practices? Prayer, devotional, or worship life.

Then I ask myself:

- 1) In what areas I am satisfied with how/what I am doing?
- 2) In what areas am I ill at ease?
- 3) In what areas am I definitely dis-satisfied with how/what I am doing?

As we move through the evaluation process, we often discover several lifestyle habits that we wish were different. While our tendency is to try to fix them all, you can only work on improving **one area of your life at a time**. Therefore, **be intentional** about taking care of yourself.

- 1) Make a choice about what change you want to make. Where do you want to invest time and energy?
- 2) Make a plan regarding a reasonable change, something you feel is doable.
- 3) Enlist a helpful partner to celebrate milestones, to hold you accountable and to help you in the midst of difficulties.
- 4) Execute your plan (remember to plan your work then work your plan.)

Aso here=s what I want you to do, God helping you: Take your everyday, ordinary lifeByour sleeping, eating, going-to-work, and walking around lifeBand place it before God as an offering. Embracing what God does for you is the best thing you can do for him.... Fix your attention on God. You=ll be changed from the inside out.@ (Romans 12: 1-2 The Message)

I encourage you to invite God into the process of evaluating your self-care habits. Let the Holy Spirit inform you about what area needs changing first. You might be surprised. I am also available by e-mail (bktritle@msn.com) to assist anyone who needs a listening ear as you work on becoming a whole person in Christ.

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