

# IT'S ME TIME

What is it about taking time for ourselves that is so difficult? We wonder if we deserve it and we hesitate to make room for it in our busy lives. But, we do need alone time and time with friends. As you navigate your daily life, see if you can fit in some Me Time. *Here are a few tips to get you started.*

## TROUBLE FITTING IN ME TIME?

### SCHEDULE A WEEKLY APPOINTMENT JUST FOR YOU.



Enjoy a comp day! Go to a spa, play golf, meet up with friends...you'll know just what to do.



Scrap the "work and eat" thing at lunch. Break for real and read or take a walk. Live it up!



Kids napping? Perfect. Get your suds on, watch TV, or sip your tea super slowly.



Shop at your local farmer's market. Meeting your farmer can be a satisfying pick-me-up.



Don't hibernate. A little fresh air and sunlight (*love that Vitamin D*) will boost your energy.



Dust off your sneakers and squeeze in a workout. Ten minutes in motion will spruce up your mood.



Zumba! Pottery! One-Pot Cookery! Take a class that floats your boat. Invite a friend for fun.



Be spontaneous. When friends call to suggest a concert, a hike or a pick-up game, go with it!



Commit to a weekly sport or hobby time. Try a league, a club, or a circle for some social Me Time.

## GOOD JOB! NOW YOU ARE HAPPIER AND MORE BALANCED!



Listen to a hilarious comedian on CD as you take the long way home. Hahahahahahaha!



Meet a friend for a drink after work. One happy hour is better than none!



Take your dog for a walk. Don't have a dog? Visit a local shelter and walk one from there.

## COMMON OBJECTIONS

I don't have the time ..... I will make the time.

My family will need me home right after work. .... My family will understand and be supportive.

It would be selfish to take time for me. .... Taking some time to myself is good self-care.

## TRY THIS INSTEAD

At Arista, we realize we need Me Time to keep our lives in balance. The demands of work, family, school and home often seem more important, but we try to make time for ourselves. We find we engage more fully with our patients if we are also taking good care of ourselves.