BETter Living …

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Keys to Embracing Aging – Taking Time for You

Do you take time for yourself? Many of us live our life serving others and do not take time for ourselves. Taking time for yourself is good for your mind, body, and soul.

Tips for Taking Time for You

- **Get to know yourself**
    - Goals
    - Passion
    - Purpose
    - Values
- **Take care of yourself**
    - Sleep
    - Exercise
    - Eat healthy
    - Laugh more
    - De-clutter or organize your house and/or office
    - Read a book
    - Walk your pet
    - Play with your kids or grandkids
    - Join a club
    - Go to your doctor for check-ups
- **Take a break from your daily routine without feeling guilty**
    - Take a bath
    - Read a book uninterrupted
    - Sit in solitude in your bedroom
    - Go for a walk
    - Meet a friend for coffee
    - Go to a movie
- **Make a to-do list**
    - Prioritize tasks
    - Put due dates
    - Short-term & long-term goals
    - Crossing off items can empower you
- **Be physically active**
    - Adults: 30 minutes per day minimum
    - Children and teens: 1 hour per day
    - Cardio & Strength Training
    - Try something new
- **Eat smart and drink water**
    - Enjoy your food, but eat less
    - Avoid oversized portions
    - Make half of your plate fruits and vegetables
    - Make at least half of your grains, whole

- o Switch to fat-free or low-fat milk
- o Drink water instead of sugary drinks
- o Choose food that is low in sodium
- **Relax**
  - o Decreases muscle tension
  - o Reduces blood pressure
  - o Take deep breaths
  - o Meditate
  - o Get a massage
- **Laugh**
  - o Best medicine
  - o Boosts immune system
  - o Lowers depression
  - o Helps mind and body heal
- **Just say No**
  - o Always saying Yes is not healthy
  - o Allows you to try new things
  - o Helps you focus on what is important to you
- **Create a Bucket List**
  - o Goals
  - o Dreams
  - o Big or Small

Take time for you, at least 10 minutes each day!

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.