

MINDFUL HEALTH ~ I WILL FOCUS ON ME

Me Time

It is very common to become so involved in giving to others that we fail to give to ourselves. Often, people feel guilty or selfish taking time for themselves. Creating more personal “me time” tops the list of what most people want.

When you take time for yourself, you are really making space for yourself in your life – giving your mind and body a break and time to re-energize. By relaxing, refocusing and being recharged, one comes back to responsibilities with a greater focus, commitment and enjoyment.

Try building breaks or scheduled time into your days and don't wait until you are burned out. Make sure you do things that you enjoy and that invigorate you. Enjoy your favourite hobby and use the time to take care of yourself in whatever way you choose. This could be a 5-10 minute break to sit with a tea quietly, cuddle with your pet, or just listening to music. If you have more time, read a chapter of a book, go for a brisk walk, soak in the tub, or take part in a class that you have always wanted to do. This doesn't mean taking time alone, unless that is what you choose to do. People need relationships in order to stay well.

Whatever you choose to do with your “me time,” make it relaxing and restorative – and if you don't like it, find something else.

Don't skip your scheduled “me time.” It is as important as all the other things that take place in your day.

PUBLIC HEALTH

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