

10 Easy Self-Care Tips for a Healthier You

Are you so busy that you neglect your body? Here are some tips to help you feel better in your body, so you can have more energy, be more productive at work, and have more leisure time—and better be able to enjoy it.

1. A Healthy, Hearty Breakfast

Some of us have processed carb/heavy sugar breakfasts; some munch a protein bar, for some it's just coffee, and no food at all. You heard it over and over as a kid – start your day with a healthy breakfast, the most important meal of the day. Minimize processed carbs and swap out for protein; consider fish and vegetables where normally you would not consider it, and watch out for processed sugar – though artificial sweeteners are worse. Most important, make it a real meal. Shifting from a bigger, healthier breakfast and lighter eating at night can give you worlds more energy.

2. Easy on the Eyes

Look up from your computer screen and give your eyes a break. Vary the distance you're focusing on from time to time throughout your day. Our eyes work best if we do this. They weren't meant to fix on something – your computer screen, for example – for hours on end. Look out the window. If there's not one near you, get up and find one.

3. Stop, Drop, and Roll

Stop, drop what you're doing, and do some gentle neck rolls. **How-to:** Bend your head from side to side. Shrug your shoulders up, hold for 3 seconds, and let them drop. Stretch your hands over your head – look up and reach for the ceiling with your hands. Clasp your fingers behind your back and let your shoulders fall open. You don't have to stretch hard. Gentle stretches work much better than forcing movement. Just a minute or two will help you clear your mind and get the blood moving in your arms.

4. Get the Ball Rolling

Use your stress ball. (You can purchase one [here](#).) Get those fingers moving, not just on your computer keyboard, but flexing and extending. Holding the ball in your hand, move your wrist in circles, first one direction, then the other. Bend your wrist toward your inner arm, and then go the other way. Move your hand from side to side. Repeat these movements with your hand open with your fingers extended.

5. Lunchtime!

Eat a healthy lunch. Protein and vegetables are a great choice. If you eat sandwiches, make sure that bread isn't just empty calories. It's worth it to

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find a vendor who makes sandwiches on good quality bread. And take a few minutes to look somewhere other than your computer screen while you're eating your lunch. TAKE YOUR LUNCH BREAK. Actually have a conversation with someone. Go out to eat, or at least eat somewhere other than at your desk. We are social beings, so use the time to interact with someone in person, not just on line.

6. Walk on the Wild Side

Talk a walk at lunchtime, or anytime – mid-morning or afternoon. A quick walk around the block will clear your mind, allow you to stretch your legs, maybe get you some sunshine, and a breath of unprocessed air.

7. Wake Up You Sleepyhead

When you get the mid-afternoon blahs, do you reach for the caffeine of your choice? Stand up. Jiggle your body by bouncing in place, or pull up a song or video and dance. Get your cells moving. Thirty seconds of movement will wake your body up. Now walk away and get some water.

8. Water Works!

Speaking of water, you already know you should hydrate throughout the day. But do you glug or sip? What you may not know is, you may be flooding your body with more water than it can use at once. We have no water storage ability, so excess water doesn't get absorbed by your cells. Instead, it goes straight to your kidneys and bladder. Change from a glugger to a sipper! Drink smaller amounts more frequently. 1 ½-2 ounces every fifteen minutes works best. If you don't like water, add a slice of lemon, orange, lime – anything to help you drink the water your body needs.

9. And Another Hundred People Just Got Off of the Train

When you leave your office, use the time that you're walking to the bus, subway, or car to take a deep breath and let it out. Imagine that the tight muscles in your neck and shoulders are like tiny little fists that are tightly clenched. Imagine that with each inhale, you're letting in light and fresh air, at each exhale, those little fists are letting go and relaxing just a little. Clench a fist, and let go in little increments with each exhale, as an example to those tight muscles. It may take 15-20 deep breaths and exhales before your hand is open and relaxed. Give your body a chance to let go of the tensions and frustrations of your day. Leave them behind on your way home so you can enter your home feeling better in your body. Work from home? Maybe now's the time for that walk.

10. Just Ten More Minutes, Ma!!!

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Do you have a bedtime ritual? If you're one of those people who have a hard time getting to bed, experiment with things to relax your mind and body. Make yourself a cup of chamomile tea or Sleepy Time tea. While you're drinking it, reflect on what made you feel good during the day. Celebrate your wins and learn from your challenges. Acknowledge them and let them go. Put on some soft music and let it help you unwind from your day. Take a warm bath with some essential oils that are calming (Young Living and Do Terra both have good quality essential oils that you can use). Use whatever meditative practice appeals to you – pray, chant, breathe; count your blessings, ask your angels to help you get a great night's sleep.

You'll notice a lot of these tips focus on nutrition and others on physical movement, but they all point you down a path of ease and de-stressing. I can't say this enough – when you take deliberate breaks in your work day, your focus will be stronger and your time at the desk will be more efficient – and the work won't be as stressful. Often we glue ourselves to our computers, insisting that if we break, we'll lose momentum – and this exhausts us, and is ultimately not only counterproductive but detrimental.

These are only some of the tips in my toolbox. Try one; try them all. There are many more where these came from!

I wish you peace, harmony and many blessings,

Ellen

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