

## Frayed, Frazzled and Frustrated

It's been said, "If you want something done right, ask a woman." Women are Fixers. Helpers. Wives. Sisters. Mothers. Friends. Women are Doers. There are always 1000 things to do. As a woman, sometimes I feel frayed, frazzled and frustrated. Do you ever feel overwhelmed?

We get so busy nurturing, helping, and caring for others, we forget to take care of ourselves. And women who don't take care of themselves can get burned out, unhappy, resentful, even depressed. We get tired. I know I only end up exhausting myself. I'm not just talking a little bit tired, I'm talking worn out, run down, sit in my recliner and veg out tired.

So as you read this article, if you are 100% Frazzled, I want you to STOP, Close your eyes, Breathe Deeply and RELAX.

Women need to take time to love yourself. Time to nurture ourselves emotionally, physically, spiritually, and mentally. Time to identify our own needs and then take actions to meet them. This isn't selfish. It is preventative. It is empowering. It is necessary! Doing just a few of the following things for yourself regularly will revitalize you and re-energize you to continue providing for others. You will get your MOJO back.

**Spend time alone** – Allow the rest of the world to keep spinning without you. Come Away. Rest. Refuel. Sit quietly and watch the sun come up or go down. Read a good book. Sip tea. Take a bubble bath. Admire the stars. Breathe deeply. Enjoy silence. Do something nice for you!

**Create a supportive environment** – Surround yourself with soft colors, special pictures, and things that make you smile. Pack a basket with comfort items like a soft scarf, a scented candle, a memento from a special memory, a favorite quote, and a photo of your loved ones. I play with my dogs.

**Adjust your schedule** – Schedule self-care time into your daily routine first. When your own needs are met, then allow time for others. It is okay to say "no". There is freedom in simplifying your life.

**Take care of yourself** – Physical self-care includes eating a variety of healthy foods, getting plenty of sleep, and staying physically active. Mental self-care means communicating well with others, clearly expressing your needs, values and boundaries. It means treating yourself with respect and compassion, focusing on the positive, and setting realistic expectations. Nobody can really be superwoman!

When you take time for yourself, you revitalize your spirit and become a better listener. You re-energize yourself to care more compassionately for others. You set a positive example for your children. Taking time for you every day is one of the most important things you can do for yourself, and for the people you love.

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at [www.montgomerycountyhealth.org](http://www.montgomerycountyhealth.org) or on Facebook or Twitter @healthymoco. ■