

NEW HORIZON MEDICAL

|FEB 2023|

Health Tip of the Month



GIVE YOURSELF SOME LOVE

With Valentine's Day this month let's take a moment to think about how we can show ourselves some love. So often we tend to put everyone else's needs before our own but as the saying goes one cannot pour from an empty cup!

- Schedule time for yourself to meal prep, exercise, or whatever it is you may want to do but can't seem to find the time for.
- Stick to it! Hold yourself accountable for this time and be sure to prioritize in the same way you would time for someone else.
- Take time to unwind, especially after long days.
- Figure out what works for you in managing stress.
- Prioritize sleep to set yourself up for success.

IDEAS FOR PUTTING IT INTO PRACTICE ...

- Try something new. Is there an activity or hobby you have been wanting to try? Go ahead and do it, stop putting it off!
- Think of ways to treat yourself that do not involve food- maybe a long bath, reading a book, etc.
- Consider trying meditation, yoga, breathing practices, etc. that can help you center yourself and figure out what is more important to you!