

Taking Care of
YOU
First



by Tracy Bush

During the winter months, we all tend to overdo ourselves in so many areas. Holidays, surprise storms, keeping up with the most recent virus that is going around and even dealing with the aspect of the winter blues. What is most important to remember first and foremost is that we must take care of ourselves. Although we may be able to ignore things for awhile, our bodies will eventually remind us that we are not keeping a good, healthy balance. We will begin to feel the aftermath of always being on the go. Just because we are always taking care of others does not mean that we don't need the same kind of care. And just because we are always the caretakers does not mean that we are undeserving of the same kind of care as well.

How do we learn how to relax again? How do we allow our sinks to stay full of dirty dishes and our laundry to stay piled up and not let it take over our lives? Begin by taking small steps because even small steps can make a world of difference to how you feel. It can be as simple as feeling the sun on your face for five minutes a day or breathing in the fresh air with winter all around you. Let yourself remember all of the things that you used to enjoy but have forgotten about as an adult. Paint outside of the lines and read books that you wouldn't dare to read. Don't just go through life - make sure you stay a part of it.

When you have begun to make this a part of your daily routine again, do even more. Hug the ones that you love and inhale the sweet smell of your child's hair. Don't promise yourself to do things tomorrow - do it now, today, right this second because tomorrow may just be too late. Nothing increases positive energy more than physical contact with loved ones and what better way to feel energized with no bad side effects? When you are happy and positive, so are others. By making it a habit to be positive, you are always inviting in the best of any situation before it even happens. Remember that you are a beautiful person, inside and out and that it is so important to share this with the world around you.

Share yourself with others too. Make sure that your voice is heard, even if it means others do not agree with you. Show people what you love to do so that they can do it with you. In the process, teach yourself to let people see all of those different sides of you. Human beings are naturally programmed to need new encouragement and have a variety of ways to feel encouraged. Never be afraid to open yourself up because without trying, you will never know if it was a good thing or a bad thing.

Change if you want to change. No one says that anyone has to stay as they are if they don't like it. Don't be afraid of what the changes may bring until you know what they are. It's healthy to be scared and anxious of the unknown but it's not good for your soul to be stagnant and lock itself into one place. If you tend to need a routine, than make a new one and see where it carries you. One small change could mean a completely new life for you.

Most of all, remember that taking care of you is not an act of selfishness. It's healthy to be your own person and to understand and accept that you need to do things for yourself. Other people can help take care of you but only you can truly take care of yourself. Remember that you need to be someone other than someone's mother or someone's husband. Always remember that your uniqueness will never be found anywhere else in the world, ever.

Embrace this and stay well.



Tracy Bush is the founder/President of Nutrimom, Inc., a consulting business that specializes in food allergies and helps to provide guidance and support for anyone that has been diagnosed with food allergies. She also offers a wide variety of ways to help expand the public's awareness on allergy-friendly products.

For a complete and up to date look at her accomplishments, articles and news please visit her website at www.AllergyPhoods.com. Daily information can also be viewed at www.facebook.com/NutrimomFAL or on Twitter at [TracyBNutrimom](https://twitter.com/TracyBNutrimom).