

Are you taking care of yourself first?

It is August, a time when our thoughts turn naturally to vacation. And how much work we have, so we cannot possibly get away.

What? When did the idea of vacation become inextricably linked to our inability to take vacation? Whatever the cause of that link, it is time to create a new link. Link vacation to taking care of yourself.

We take vacations to relax, to have new experiences, to spend time with our families. But the best reason to take a vacation is to focus on ourselves.

An ancient proverb says first, care for yourself. Then, care for your family. Then, care for your neighbor. Why are we directed to care for ourselves first? Shouldn't we be putting the needs of others before our own? The simple fact is that we cannot take care of others until we have cared for ourselves.

Extrovert or introvert, we all need time for ourselves. So much noise is going on in our lives that it is extraordinarily difficult to hear ourselves unless we consciously create the time to listen. For a true vacation, you need to be out of touch with your work and in touch with yourself. Leave the phone and the computer in the office. Your job for your vacation is to focus on yourself.

You do not need to do anything other than let go of your usual cares. Simply allow a time of quiet, stillness, and centeredness.

By focusing on yourself, you gain perspective and allow your creativity to emerge. What possibilities open up if you allow others to take on what you do now, instead of constantly checking in with the office? Instead of worrying about being indispensable doing the job you have now, create work that you are passionate about and meet the needs you see. In doing so, you become truly indispensable.

When you return from vacation, find a way to create that same sensation every day, if only for five minutes. Meditate, lock yourself in the bathroom, go for a lunch time walk. Do whatever works for you.

Take care of yourself first. Once you are satisfied and fulfilled, you will bring satisfaction and fulfillment to others simply through your being.

Next month:
Are you in transition?

Tips for Living

Brought to you by

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The Third Week of Every Month

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