

News & Inspiration

Making time for you

Does anyone remember the days when making a telephone call to friends or family was just that, you know those old phones on a line that didn't allow us to walk around the house cooking, cleaning and taking out clothes for tomorrow while we talk with the wireless phone crooked onto our necks! We even had to take our time to dial each number on those retro phones with the round dial! I'm not saying we go back to those days, but sometimes surely we could just ...takeourtime, especially for those things/people that are important in our lives. What's important to you?

For those times when it all gets too much and you just want to run away and hide, or cry! Why allow life/drama/people/circumstances get the better of you? Take some time out (even if it's just 10mins) to alleviate the stress and worries before you continue, after all if you can't look after you, how will you have the energy to look out for anyone else.

Here are some suggestions, why not start with just one:

- Plan ahead and put some time in your diary for something important you've always wanted to do
- Get away from you're desks/place of work/home for a minimum 10min walk in the 'fresh' air and breathe
- Do some form of exercise to re-energise you (use your imagination!)
- Eat something you really like and savour the flavours
- Drop something you really don't want to do, especially if it doesn't resonate within your being and make time for something you really want to do
- Say 'NO' if you need to, especially if you're over stretched
- Laugh or dance, whatever gets you going, whether indoors or outdoors
- Breathe...deep breath in, deep breath out, stretch your arms out and then start again
- Have a long, hot bath, candles, chocolates and whatever or whoever else tickles your fancy!
- Re-connect with someone, friend, family, children or partner, we all need human touch
- Less TV...more.....??
- Do something worthwhile for someone
- If you're really brave, just sit still in one place and do absolutely NOTHING! Then say hello to You...

Whatever it means for you, why not make some time for you, after all if you don't look after yourself, how is the world going to benefit from all you have to offer.

Even if you have to do all you are doing, make sure it's taking you to where you want to go. If you find yourself rushing around and getting nowhere, don't burn yourself out, take.....your....time to take stock and make a decision to work 'smarter not harder'.

“TOMORROW WILL BE THE OUTCOME OF TODAY. You choose.”

Take Care now,

KAREN at

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Karen is a Qualified Certified Personal Development Coach and has been a Stress Management worker, Mentor, Writer, Woman's Group organiser/facilitator and Princes Trust volunteer. She is also a qualified Chartered Management Accountant coming from a corporate background. As she says 'I am Every Woman and Every Woman is me, whatever you're 'it' is, wherever you're 'at' in life, I encourage you all to say with me 'I CAN DO IT!'

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