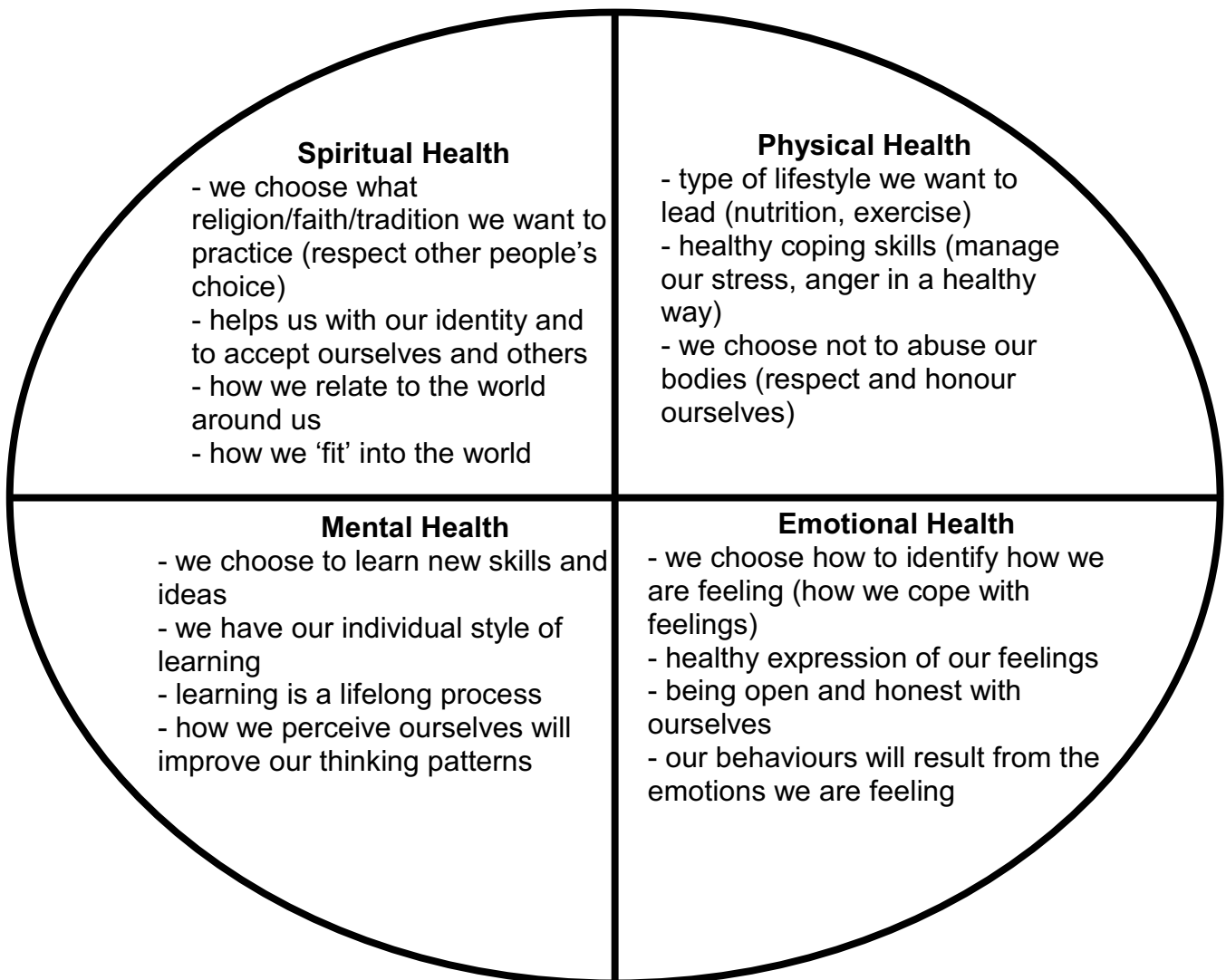


Self Care

Self care is important for each of us; to identify our parts of self and to take care of those parts of us. We can then identify which area/s in which we can improve or enhance in order to restore the healthy 'balance' in our lives.

Self care is important because we need to take care of ourselves in order to raise our children. We want to strive to become the people who we want our children to become. We strive to raise healthy, active, well rounded children.



Self Care continued

Achieving a healthy balance in our lives may require us to slow down and spend time with ourselves. Get to know who we really are as a person. It may mean facing difficult or past issues, but we can learn and heal from our experiences, positive or negative. How we want to live is our choice.

We may need to take a long look at ourselves to identify the area/s in our lives in which we can improve. We must also be very honest with ourselves. We can develop new skills to help us restore a healthy balance in our lives.

We need to make a commitment to ourselves to help us achieve well being. We will continue to seek balance in each area of our lives. Should one area of our self require attention, it is highly likely that the other parts of our selves will be affected. We do the best we can and continue to strive for overall well being.

When we begin to recognize our needs and learn new ways to take care of our selves, then we begin to 'break the cycle' and move forward. Positive thinking and support is essential when healing.