

LIVING WELL: SELF-CARE AND FUN

Submitted by HOM of Well Being

Self-care is so important, because it comes from us, for us. We know what we need better than anyone else.

There are many ways for us to practice self-care and today we are going to talk about FUN! It can be easy when we feel stressed, tired, depressed and perhaps alone to put fun on the back burner.

Fun comes in all shapes and sizes and I bet if you grab a piece of paper and a pen you can write down 10 things that you consider fun (challenge yourself to see if you can come up with even more.) Once you come up with your list ask yourself when was the last time you experienced any of these ways of having fun. If the answer is “I can’t remember” then you are encouraged to ask yourself why and then make some time for yourself to experience some or all of the items, on your list.

Having a hard time coming up with a list? Perhaps you could team up with someone and discuss the question to see what you can uncover together.

When we at HOM of Well Being began to ask each other what brings fun into our lives, we got quite a few different answers. Some mentioned dancing, listening to music and doing art. Others mentioned hiking, kayaking, entertaining young children, going to live performances, biking, travelling, cooking, baking, quading, learning something new, getting together with family and friends; the list went on and on.

While some of these things are not permitted at this time most are possible. For those things we can do and are not; why not? Are we feeling too tired or unmotivated or unsure? If so, begin with baby steps. Put on some music and dance in your living room for 10 minutes. Close your eyes and pay attention to how the music makes you feel and how your energy is shifting as you move your body. For a magnified experience, dance with a smile on your face; you will notice how positive you feel, because smiling releases endorphins (the feel good chemical) in your brain and it is almost impossible to feel sad, mad or bad!

During this pandemic, it may feel like fun is a thing of the past but it is up to us to make sure we don’t let that happen! Make ‘FUN’ dates with yourself. You deserve and need to release any stress that your body is storing, not to mention that taking time for yourself, signals a feeling of well-being and will in turn make it easier to deal with whatever stressors you have in your life (pandemic or not). It contributes to our resiliency and ability to operate positively in the world. Let’s empower ourselves and look for ways to safely have more FUN!