



SELF CARE FOR WOMEN: NOW NOT LATER

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THE MANY HATS OF WOMEN

- Mothers, daughters, sisters, friends, students and workers.
- More than 59 percent of America's women are in the labor force (U.S. Bureau of Labor Statistics)
- Juggle careers and family activities as they scurry from their offices to PTA meetings and church suppers.



RECHARGING IS ESSENTIAL

- *Women need to nurture themselves*
 - Emotionally
 - Physically
 - Spiritually
 - Mentally



KEY FACTS

- Studies have shown that women WHO
 - exercise regularly, eat right, get sufficient sleep and find satisfaction in their work and personal lives have LESS
 - Depression
 - Anxiety
 - And illnesses, such as heart disease



KEY SUGGESTIONS FOR BETTER SELF CARE

- **Boost vim and vigor**
 - Get sleep, nourishing food and regular exercise.
- **Pamper your health**
 - A dental checkup, well-woman examination and prompt attention to medical conditions reap big rewards.
- **Treat yourself with respect and compassion**
 - Don't listen to negative people or critical messages.
 - Do not remain on treadmill of negative self-thoughts.
- **Time out for fun**
 - Watch a favorite movie, play with a pet or create a scrapbook of fun-filled memories. When you laugh heartily, it triggers endorphins, which creates a sense of ease.
- **Expand your mind: slow down aging process**
 - Go on a weekend getaway or spontaneously take a new route home. A change of scene can spice things up.



KEY SUGGESTIONS FOR BETTER SELF CARE

- **Spend quality time with loved ones**
 - Attentive listening enriches relationships and adds joy to life.
- **Don't expect to be a superwoman**
 - Say no to perfectionism, criticism, procrastination, petty grievances and gossip. Do chores promptly and appreciate progress. Know when to say "no" to extra jobs and delegate responsibilities.
- **Get organized**
 - Simplify home, office and personal life to create more time for yourself. Set priorities and attack cluttered schedules and spaces.
- **Communicate your thoughts**
 - When you express your needs, wants, values and boundaries clearly, it saves time and energy and makes you feel good about yourself.
- **Reserve time for simple pleasures**
 - When you witness a beautiful sunset, have a good cry or laugh or hug a loved one, it lifts your spirits and improves your total well-being.



FINAL THOUGHTS

- Self care is empowering; take charge of your life.
- When we are overwhelmed, we lack the energy and focus to make the same clear decisions that we normally would.
 - We are unable to problem solve in a purposeful manner.
 - If we take care of ourselves regularly, we can better handle life's challenges that are bound to come up in our lives.
- We serve as role models for our children. When we take care of ourselves, we show them an example of positive esteem and healthy behaviors.
- If we do just a few things regularly, to renew our energy and revitalize our spirit, we can continue providing for others from a place of abundance.
- I challenge you to try some activities (either calming and reflective, or exhilarating) for the next month. Arrange some time in your schedule for self care, and notice how much better you feel.

