Do You Take Care Of Yourself?

Hi <<First Name>>,

There are so many things happening these days that are extremely stressful. Even if you try to avoid the news, it feels like we are confronted at every turn with toxic stress. I think one would have to live on a desert island not to experience it.

While I would love to have a desert island far away from the toxic stress of today, I know that is not realistic.

Before you answer yes to the question, "Do you take care of yourself," stop and give it some thought.

Taking care of yourself means that you take the time out to stop and disconnect daily from the stress before it becomes toxic. It means that you find ways to stop and sense and feel in both the body and mind. It means that you listen to your body when it is telling you to stop and rest and regroup.
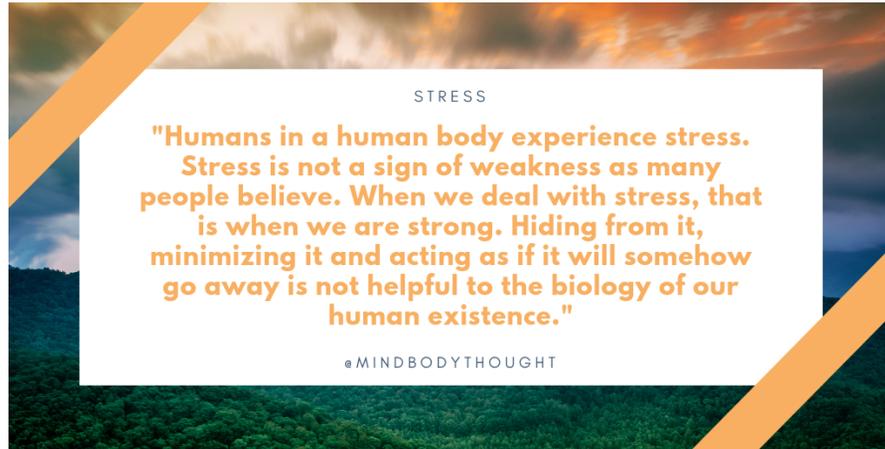
All too often, we keep pushing through life because of tasks and responsibilities, but we spend very little time stopping to sense and feel. By doing this, we are not taking care of ourselves. We are damaging our precious minds and bodies.

Keep in mind that the daily buildup of stress that we allow is the same as trauma. It impacts us with longterm damage. While we may not notice it today, tomorrow it will get our attention.

Do you take care of yourself? Feel free to share your thoughts with me in a reply.

You might want to check out my blog post on "Think Your Stress Away".

Don

P.S. If you find these newsletters helpful, please do me a favor and pass them on to your friends! Thank you so much for doing that.

STRESS

"Humans in a human body experience stress. Stress is not a sign of weakness as many people believe. When we deal with stress, that is when we are strong. Hiding from it, minimizing it and acting as if it will somehow go away is not helpful to the biology of our human existence."

@MINDBODYTHOUGHT

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