

# Take Time For Yourself!

In our everyday lives, sometimes we seem to be at everyone's beck and call; running here and there, doing as we're asked, or told, to do, going out to the shops, helping with the household chores or making sure that everyone else is OK. Life seems to become dull and monotonous and we might sometimes 'lose ourselves.'

We might forget the person inside, we might feel that we are not important anymore; we might feel that we're being taken for granted – almost as if no-one sees us anymore. We all have those moments when it all gets to be too much. Too much pressure, too much intensity of anger, sadness, fear, or worry can all provoke either an outburst, a state of paralysis, or even panic.

When these feelings begin to overwhelm us then it is time to stop and think "I need some time for me."

We all need to 'find ourselves' sometimes and accept that we ARE important! If we don't stop to take time out and re-charge our own batteries then we will be of no use to anyone else; we won't have the strength, patience, initiative or enthusiasm to do things for anyone else.

So take the time to re-connect with yourself...take time for yourself! The following links are a way to take just take five minutes out of your day to give yourself that time.

I hope it helps,

Ms Lewis

<https://m.youtube.com/watch?v=inpok4mkvIm>

<https://www.youtube.com/watch?v=nmFUDkj1Aq0>