

Healthy Me!



committed to improving the lives of area students

Give Back to Yourself This Holiday Season

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As we near the end of the year and enter the holiday season, it is easy to get wrapped up in all the excitement around us. Unfortunately, this often causes us to neglect our own self-care. We find ourselves putting so much time and effort into what we are doing for everyone around us that we forget to fill our own tank. In order for us to truly give our best selves to those we love, we need to be sure to always take care of ourselves. I know what you're thinking. "Yeah, right! It's the holidays! I don't have time for healthy eating or the gym, I'll save that for January."

But it's not as hard as you might think, and here are a few ways you can give back, to yourself, this holiday season:

Start with a Balanced Breakfast – You may be thinking you don't have time, and maybe you don't. Make time. It takes me seven minutes to make breakfast each morning. Give yourself some protein to help keep you fuller longer and some carbohydrates to give you that energy boost you need to get your day rolling. One quick, easy breakfast idea is two eggs (however you enjoy them) and a piece of toast with some peanut butter on top. If this won't fill you up, maybe add in a piece of fresh fruit. YUM!

Find Time to Move Your Body – This doesn't mean you have to join a gym or start an intense exercise regimen that takes up two hours of your day. Even moving your body for 30 minutes at least five days of the week will earn you the health benefits of physical activity; benefits like lowering your risk for heart disease and stroke, decreasing stress and lowering blood pressure. Best of all, you will feel better and you will not regret taking this time for yourself.



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Spend Time Doing Something You Enjoy – This could be ANYTHING. Read a book, go for a walk, journal, pray, the list goes on. The point is, you must carve out some time for you and only you. Being healthy is not only about the physical stuff.

Don't Over Spend on the Holidays – What is the

number one reason you get stressed out during the holidays? Is it money? If it is, you are not alone. Financial wellness plays a huge role in overall health. Sit down with your family, make a list of holiday purchases and write a budget. Don't wait until December 15 to get started. The earlier, the better! If you can cut back on spending, try to find other ways to show your loved ones that you care.

Maybe have a game night together, or go look at Christmas lights. Happy people spend money on experiences, not things. Lastly, don't spend money you don't have. This will only cause more stress down the road.

Give Yourself Some Grace – Finally, remember that things do not always go as planned, and that is OK. Say that out loud when you are feeling overwhelmed or frustrated. And remember to spend time with the people you care about and let them know how grateful you are to have them in your life.

This is your call to action. Don't wait. Give yourself some love, and trust me, you'll still have plenty to share.

To follow more healthy happenings in Owensboro Daviess County, visit the Healthy Horizons Facebook page. We are in the middle of our #healthyheadtotoe photo voice campaign, which means each week we post a photo of what members in our community think of as "healthy." These photos show all the different versions of health, from physical and mental, to emotional and spiritual. Follow our campaign and send your #healthyheadtotoe photos to erinn.evans@owensborohealth.org.

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