

Women's Health Week reminds us to care for ourselves

BY JESSICA SCHUMAKER

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In the spirit of Women's Health Week, May 14-21, it is important to not only address the health of women in general, but to also examine the care we are providing for ourselves.

Current research shows that over half of the mothers of



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young children now work outside of the home. But the work does not stop when she gets home. That is when the job of wife, mother, housekeeper and cook just begins. The "to do" list can easily get overwhelming, but there are a few things that can help keep yourself and your family happy and healthy.

■ Take time out of the day to care for yourself. This is very important. A mother that reports a feeling of well-being has been shown to have well-adjusted, happy children. This may be as simple as a short walk after work or reading a book for a few minutes.

Exercise is a great way to increase those feel-good endorphins.

■ Spend quality time with your family. Sit down for family meals together and discuss the day's events. Unplug from the electronics and focus on experiences that your family enjoys, such as going to the park or the beach.

■ Create routines and share them with other family members. Creating routines improves time-management and is also a great way to delegate tasks that are appropriate for each member of the family. In this way, your morning and evenings can run much smoother

and have more time left for the fun activities.

■ Take control of your attitude. Wake up with positive thoughts and encouraging affirmations. Refuse to let in the negative thoughts and attitudes of those people around you as they will only drain you of energy. Hopefully with small changes, you can see progressive improvements in both your mental and physical well being.

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SOCIETY

Medical Society Women Physicians Spring Fling, at ONE



1. Kem Amadi and Joann Ellis
2. Julie Ramirez, Jon Burdzy and Annette St Pierre
3. Cherrie Morris, Ellen Hoeffer, Avra Bowers, Linda Saether and Ronnie Frankel
4. Anita Arnold and Karla Quevedo
5. Milena Loukanova, Adriana Loukanova and Ellen Hoeffer
6. Mike Banson, Barbara Bengochea Perez and Jitka Vasek
7. Zenaida Javier and Ellen Sayet
8. Allyson Sanchious, Lucia Huffman, Chelsey Scheiner and Elizabeth Midney

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