

## SELF SACRIFICER

You tend to put everyone else's needs before your own. You juggle multiple roles that frequently take preference over your own personal priorities. As a result you may not stick to your plans and you may use food to address stress issues.

**GOAL:**  
*Practice self-care  
and make your  
personal wellness  
a priority in  
your life.*

### BALANCE OTHERS' NEEDS WITH YOUR OWN

Regardless of your age and stage in life, it can be challenging to stay connected to your own needs. 'Over caring' can actually work against you, draining your ability to care for yourself and others. Ultimately, the energy you need to meet your varied roles and responsibilities will come from the centre of caring for yourself.

Think about when you've flown in a plane. When the flight attendant demonstrates the emergency procedure in regards to the oxygen mask, what do they instruct you to do?

Put the mask on yourself, then help others.

Why? Because if you have taken care of yourself, you'll be better able to take care of others. If your own well-being is compromised, you literally can't be there for someone else.

#### *Mastering the balance of everyone's needs*

1. Do it for yourself – you're more likely to be successful with lifestyle change if you do it for yourself rather than if you do it out of obligation to others.
2. Balance 'wants' with 'shoulds' – everyone needs a balance between their 'wants' and their 'shoulds'. When your day is loaded on the 'should' side, it creates pressure, stress and often the craving for 'a little treat' to cope. Be sure to thread your 'wants' into each day of the week.
3. Remember you have choices – to get in touch with your own priorities make a list of the things that you truly desire, for example 'I want to be healthy'. Re-state this as a choice, 'I choose to be healthy' and see how this small change makes a difference in your motivation.

## FOCUS ON SIMPLIFYING YOUR LIFE

One way to keep weight management a priority in your life is to look for ways to simplify your life. Doing so will help you find the time to prepare healthy meals, be consistently active and to practice healthy self-care.

### *Mastering simplicity*

#### 1. Scale down, delegate, eliminate!

Take a look at your home and work life and have a think about ways you can 'scale down, delegate or eliminate' to make room for a healthy lifestyle.

For example, at work – reduce weekend and late evening hours, or at home – reduce your internet/phone time by half or ask for help with household tasks.

#### 2. Let go of the unimportant

How often do you get upset or worried over things that are out of your control? How often do you let these things throw off your day, leading you to mentally obsess or emotionally overeat? It's important to know the difference between things you can change and things you can't change. If you find yourself reacting to a particular event in an unhealthy way, practice adapting the STOP Technique to stay connected to your priorities.

Tell yourself to STOP – Say to yourself:

**Stop!** I have choices here.

**Think:** How am I reacting in this moment?

**Overview:** Just how important is this issue?  
Is it life threatening?  
Is there something I can do about it?  
Is it beyond my control or not worth stressing over?

**Pick!** One small step I can take is...  
or, This situation is beyond my control and I can accept it and move on.

## HEALTHY SELF-CARE

Practising healthy self-care gets you in the habit of being kind to your body and helps you re-frame your body image to be more positive. Below are some ideas to get you started with nurturing and looking after yourself.

### 1. Jenny Craig's daily self-care essentials

- » Enjoy 3 meals and 3 snacks per day
- » Make sure you receive a range of vitamins and minerals by choosing a range of foods within each food group
- » Stay hydrated with an adequate intake of water
- » Be invigorated by daily, mindful physical activity
- » Get adequate rest, engage in relaxing activities and connect with others

### 2. Take a break with healthy indulgences

You can reduce stress and stay in balance at work and at home with a 'mini-relaxation'. Have a quick lunch away from the office, take a few minutes to look outside the window at work or listen to the birds singing in the backyard. The short break can give you an entirely new perspective on your day. What other healthy indulgences would work for you? Where in your day could you enjoy a 15 minute renewal?

### 3. Treat yourself to your own spa

When you can't escape to a day spa, enjoy a mind-body treat at home. Use candles, relaxing music, bubble baths, foot and body scrubs and relaxation tapes to create a solitary space for you to recharge and renew.

### 4. Savour 'empty' moments

Do you save time or savour it? When you're lucky enough to capture a few extra minutes, how do you use them? Do you tackle an extra task? Or do you relish the moment by taking a breath to refresh and renew?