

# jazzercise®

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NEWSLETTER

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## Who's on First?

If you're someone who suffers from stress, or even the occasional bout of feeling overwhelmed, it may be time to ask yourself, "Who's on first?" Where are you on your priority list? Have you put yourself in first place, or have you relegated yourself to the bottom of the list?

It's okay to put yourself first. After all, how can you take care of anyone else when you're depleted of physical, mental, and emotional energy? Here are some suggestions and ideas for putting yourself first.

- **Minimize Multitasking** - Women, in particular, are masters at multitasking. Making a phone call, while cooking dinner, and simultaneously signing your child's report card, is just another day in the life of a typical woman. But, let's say that you decide to limit your multitasking. Just because you can do three things at one time doesn't mean you should. Sure, the occasional multitasking session is useful. But, as a general rule, pick just a few duties each day that you really want to accomplish. Then, do those things one at a time, and do them to the fullest.
- **Get Moving** - One of the best ways that you can make yourself a priority is to make time for physical exercise. Choose something that you enjoy. Walk around the neighbourhood, sign-up for a Tai Chi class, find an indoor pool during the winter time or, of course, come to Jazzercise.
- **Treat Yourself** - Make an appointment on your calendar to treat yourself, at least once per week. Get a massage or a pedicure. Walk on the beach. Visit with friends at the café. Take time to do something that you want to do.
- **Take Five** - In addition to your weekly "me time" appointment, set aside at least five minutes each day for you. Whether you use that for meditation, talking with a friend, taking a bath, or curling up with a good book, that's up to you. But, take an uninterrupted five minutes for yourself. Don't answer the phone and ask your family to hold all interruptions. Set a timer if you need to! That way, nobody bothers you until the timer has gone off.
- **Write it Down** - At the end of your day, take a moment to write down three to five things for which you are truly grateful. Keeping a gratitude journal will remind you just how blessed you are, in spite of a hectic daily life.

### WHAT'S ON THIS MONTH

(Dates to remember)

**14<sup>th</sup> February:** Not a chance forgetting *Valentine's Day*. Have a good one.

**24<sup>th</sup> February:** *Manoli's birthday*. If you can't make it to her class on that day, she doesn't mind you celebrating it during the whole week. Just don't forget to say happy birthday to her at some point. She retaliates with harder to do classes.