

Buy the Flowers

Yesterday the kids and I were needing to get out of the house. The time change wasn't too bad of an adjustment yesterday morning, but by yesterday afternoon, we all needed to get out of the house and get a change of scenery. So, I gave my "little sister" (she's not blood, but she really is the little sister I never had) a call, loaded up the kiddos, and went to Great Bend to run a couple errands. Honestly sometimes you just need to have some time with friends and grab a Starbucks.

While I was in Dillons, I grabbed myself a bouquet of flowers. It's something I've done for a while now, buy myself flowers I mean. Ty doesn't mind (actually we have a joke when he gets home, I thank him for the flowers); the flowers brighten up the house, make me happy and it's just a little something I do from time to time. It's a form of self-care that I've come to love.

The funny thing about self-care: some people view it as vain and self-centered. I think self-care (within acceptable limits) keeps me sane and self-loving! I've shared in past posts that I've struggled to love myself and genuinely care about my own happiness. It really is WORK to love who you are as a human being, but once you are happy with where you are in life, I truly believe you radiate a different form of happiness. Life becomes BETTER; true, meaningful relationships STRENGTHEN. Your circle may shrink, but your interactions with those who are genuinely happy for you are so much richer.

Keep in mind that self-care doesn't need to be a \$400 day at a spa, or a new designer bag. Self-care can be simple. I truly believe some form of self-care needs to be done every single day, for your own mind's sake.

Here's some self-care ideas that have worked for me (or some of my friends) over the years.

1. ***Treat yourself to a pedicure.*** I'm not saying you have to become a regular two-weeker when it comes to nails (although if you are, that's totally cool too), but spring is coming soon! Treat yourself to a pedicure. Most pedicures cost anywhere from \$25-\$50. It's just something small that doesn't take too long, and it'll make you excited to rock your favorite sandals!
2. ***Grab a milkshake, slush or sweet treat to enjoy on your drive home.*** I don't know about any of you, but when the weather gets nicer, I just love grabbing a Sonic Blast and enjoying the ice cream on my drive home. Try not to look at the treat as something that will "ruin a diet." One slush, one Sonic Blast, is NOT going to deter the progress you've made.
3. ***Take a warm bath or shower.*** As a mom, I probably take some of the quickest showers known to man. That being said, some evenings I will get the kids to bed and enjoy a nice, warm shower. Most of the time I'll do a charcoal mask or actually shave my legs, but just relaxing and enjoying a shower isn't vain, I promise.

4. ***Light some candles, get a glass of wine and dive into a good book.*** You know, reading was ALWAYS something I loved growing up, and it does bother me that I can't read as much as I want. I listen to a lot of audiobooks and podcasts, but to sit down and read a book? It's truly something I love and enjoy and have tried to start doing more often!
5. ***Buy some face masks and paint your nails.*** Pampering is always fun; buy a fun mask or two at Walgreens or Target and take an evening to paint your nails or deep condition your hair.
6. ***Cleaning.*** Call me CRAZY but I truly feel like when my house is clean and organized that I am caring for myself. Clutter makes me anxious. I LOVE to organize and keep things tidy, so when I take time to get my house picked up in the evenings, I feel like I can relax better and enjoy time watching my favorite show, or talking with my husband.
7. ***Pray or meditate.*** Whatever higher power you talk with, remember it's never vain or self-centered to pray, meditate or communicate. I fully believe investing in your spiritual life is SO important. When you have an inner peace and a healthy relationship with the big man, life flows smoother.
8. ***Binge watch a show.*** I'm not advising you become a couch potato and watch Netflix for a week straight, but a few hours of binge watching your favorite show might be what your body needs. I am a sucker for the Real Housewives of Beverly Hills, so I will DVR it for a few weeks, then when the kids have gone to bed, I'll binge watch a few episodes and enjoy some chocolate covered coffee beans. Ty's grandma gave me some of the best advice one time: "We're all allowed an hour of stupidity in a day," (she was talking about watching her soap opera, I watch RHOBH instead).
9. ***Exercise or go on a walk.*** When you break a sweat, get the blood pumping and move your body, your whole being feels so much better! It's amazing how exercise can help your MENTAL HEALTH. Ever since I've started working out regularly again, my brain feels better. Literally the simplest way to put it - my brain works BETTER, feels BETTER and I am in a better place. If you don't want to invest in a workout program, just get outside! Go for a walk, go to the park and SWING - get your body moving!
10. ***Take a break from social media or simply UNFOLLOW.*** Social media is both a blessing and a curse. I have met some amazing souls on social media, but it is also the breeding ground for the comparison game. If you find yourself constantly talking about or comparing things that other people are posting, take a break. If one person in particular is really bothering you with their posts, just unfollow them. It's better to give your brain a break than obsess over the posts of others.
11. ***Sing or put on a dance party.*** Throw caution to the wind, crank those tunes and have a dance party in your living room. I do this, a lot, with my toddlers. It's fun, you move your body and you can sing your heart out. There is honestly nothing cuter than my girls busting a move, and belting out Frozen tunes. I hope they remember laughing, singing and having fun with their mama when they're older.
12. ***Last but not least, buy the flowers.*** Any grocery store, Walmart or Target will have fresh cut flowers. Buy yourself a cute little bundle for \$8 or \$10. It's not an investment that will break you; they'll brighten your day, and make things a little brighter. Plus, I just love having them on my kitchen table.