

THE EXTRA POINT

BY JERRY ROBERTS



219 A Little “Self-Care” Can Go a Long Way

If somebody asked you how well you treat yourself, what would be your response? I’m Jerry Roberts and today we talk about spending time and money, just on yourself. That’s right, you doing it for you — on The Extra Point.

The term being thrown around these days is “self-care,” and it’s the practice of enhancing your own well-being. It might be through the foods you eat, time you carve out for a spa day or massage, or for a long walk on the beach, just to think.

We’ve talked about the value of designing a powerful morning routine. Many people have committed to doing this, and more. And how they spend their money is becoming a larger part of this conversation than ever before.

In fact, a 2017 survey found that the average American spends 22 percent of their disposable income on non-essential items to treat themselves, while people 25 or younger spent 33 percent.

You could say, “Sure, they’re under 25, with fewer responsibilities, they can spend more of their money on themselves.” To some extent this is correct, but the young Millennials and Generation Z folks who are past high school age — say 18-22 — strongly buy in to the idea that they want to use their money to feel good or generate experiences. Savvy marketers know this and tailor products and services that match these desires.

While the spending part of this is important to understand, the key is the time. Our lives often seem like a blur. If you have kids, maybe you become the chauffeur after your full day at work, motoring them to an after-school event, then get home and deal with dinner and end up exhausted. Go to sleep, get up and do it again.

Single parents often scoff at ideas like time for themselves, because they say it’s just about impossible to find it. Even if you did, you’d be too tired to do anything about it. No doubt that adds to the challenge.

My response is if you can’t find 30 minutes, find 20. If you can’t find 20, find 10. Most people should be able to do that. If your company allows a couple of breaks during your eight hours, then you’ve got that time built in to your day. Rather than grab another cup of coffee or get involved in idle conversation, how could you use that time to your advantage?

I’ve seen workers use a 15-minute break to grab a cat nap. I can’t do it but if you can, you might awaken more refreshed. I’ve seen others exercise at their desk. Others read, study a lesson for a course they’re taking, write in a personal journal, or just go outside and breathe fresh air. Workplace experts advise to stay off your phone during this time. Just focus on doing something you enjoy or find valuable. Never mind your email or Whatsapp, Instagram, or Facebook. You can always come back to that.

In this increasingly noisy world, the need to grab moments for yourself is becoming more and more important. People who can’t run the risk of work and life dissatisfaction, and that can lead to depression. Time with friends and family is great, but look for ways to carve out a little each day, for you to enjoy on your own.

That’s The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I’m Jerry Roberts.

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