

From the Superintendent's Desk

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Do you ever feel like you're a chicken running around with your head cut off? In today's fast-paced world, it seems like we are always racing to address that next thing that just has to be done. Whether it's responding to emails/text messages, attending meetings, scheduling appointments, running errands, taking care of our home, giving attention to our kids/pets, let's face it—we are busy people!

Many of us have a difficult time making ourselves a priority in the events of the day. As a result, we pay a price in becoming exhausted, experiencing less-than-desired relationships with those we truly care about, having trouble with diet and exercise, acquiring sleep problems, and/or experiencing other unforeseen physical/mental ailments.

So as not to fall prey to these negative circumstances that bring us down, it is important we take better care of ourselves. We need to make ourselves more of a priority. A good way to start taking better care of ourselves is to purposefully schedule time to participate in healthy activities that will help us to relax, re-focus, and energize to help us be our best self. Not sure where to start? Try some of the following...

- Taking a walk/going for a run
- Ride a bike
- Visit a park/zoo
- Go swimming
- Go camping
- Read a good book
- Listen to music
- Go shopping
- Play an instrument (e.g., guitar, piano...)
- Garden
- Walk your dog
- Paint
- Engage in a craft (e.g., macramé, coin collecting, stamp collecting, refinishing antique furniture)
- Cook
- Attempt a new hobby
- Watch a movie
- Go out with a friend/telephone a friend
- Ride a motorcycle
- Practice yoga
- Get at least 8 hours of sleep at night
- Attend a concert/dinner theater/play

- Take naps
- Plan a trip
- Take a long, hot, bubble bath
- Write a letter
- Play a sport
- Write in a journal
- Play a board game (e.g., Scrabble, chess, backgammon...)
- Work on a jigsaw puzzle
- Dine out
- Put aside technology/stay away from social media
- Try something new

This isn't an exhaustive list by any means. Yet, there are a number of things one can do to take more time for one's self. Aren't you worth at least one hour a day creating/maintaining a better you? If you don't do something about it, who will? Start today!