

Make a Map for Your Wellness this Season

**The end of another year and the beginning of the new often goes by in a blur because of all we have to do in this season. I am the queen of to-do lists and get quite a bit of satisfaction out of crossing items off. This can help in busy times, however, I heard some insights from K-State Research and Extension's Behavioral Health Specialist, Brad Durks, which reminded me to add self-care to the routine.**

**Stress has a great impact on all areas of life which is why it is so important to work to tame it. Relationships, physical health, and job performance can each be negatively affected. Practicing self-care on a regular basis can make life's stressors more manageable. Just like we are each unique, your wellness will look different than your friends and family.**

**Taking action for your wellness will be a journey and like most things in life will not be a straight line. So how do we get there? Create a road map by asking yourself the following questions.**

- 1. 'Who do I want to BE' what do I want to ACHIEVE?'**
- 2. How do I want to travel? Self-care is the vehicle for your wellness. This will be different for each of us. Do you like to wake before your family to have a few moments to yourself? Do you like to find some time for exercise, maybe a quick walk after supper? Do you practice any deep breathing techniques?**
- 3. Who can help you on this journey? We all need a little help from our friends! Who in your life can you trust to help hold you accountable? Who in your circle can give you an outside the box view of you?**
- 4. How will I know if I am moving along the journey? Schedule some check-ups along the way. Be realistic and honest with yourself and friends.**
- 5. Finally, give yourself grace for bumps and hills along the way! Don't let the time of year and all the tasks before you overwhelm and steal your joy. Instead, give yourself permission to take care of your wellness so that you can meet all the other demands in life. Remember, your friends at K-State Research and Extension have resources to offer!**