

November 16th, 2010

Hello!

I hope last month's information was helpful in preparing for the upcoming holidays! To survive this holiday season and keep stress levels at a minimum November's focus is **Hello Holidays....here comes even more stress!!** The goal for this month is to focus on the importance of taking care of yourself by practicing self-care.

There are many benefits of practicing self-care. Parents who take care of themselves are happier and healthier! When you take care of yourself you are better able to handle daily challenges and stress in a calmer, more consistent way. Practicing self-care also impacts your family; by modeling appropriate self-care for your children you are teaching them to take time for themselves. There are so many benefits. Knowing and understanding the benefits is one thing, however it is surprising at how often and easy it is to put your needs last, to be too tired at the end of the day to focus on yourself, or to feel guilty taking time for yourself. Does this sound familiar?

You are important and deserve to take time out for yourself! The more you practice the easier this will come! I challenge you to be mindful this month and try to practice self-care.

I want to encourage everyone to complete the survey reviewing October KY PLANS. Your feedback is essential to the continued success of this program.

Please let me know if there are any ways that the KATC can help you or members of your support group. You can contact me at my email at Jennifer.bobo@louisville.edu or by phone at 502.852.7811 (or the main line at 502.852.4631).

Respectfully,

Jennifer Bobo, LCSW