

## Take Care Of Yourself...

Do you think that being in good health isn't necessary for being in a good relationship? Well then, it's time for a little wake up call. If you want to have a happy marriage, you're going to need the energy and well-being to tackle all of the fun, exciting and romantic opportunities that come your way! If you're overweight, in poor health, tired all of the time or constantly stressed out, you might just be missing out on what could be the time of your life. And if you want to start seizing every day with your mate as the gift that it is, it might just be time to make a few changes.

Taking care of yourself is more than hitting the gym three times a week. It's more than getting six or eight hours of sleep each night. Truly taking care of yourself requires a holistic approach where you strive to meet all of your bodies needs: physical, emotional, mental and spiritual. Being healthy isn't something you do every once in a while. Being healthy is committing yourself to a lifestyle that promotes confidence, energy and overall well-being!

### Physical Well-Being...

During courtship, we dress well, stay clean and well groomed. We try to stay physically fit and keep the fat off. All in all, we do everything we can to make ourselves attractive for our future spouse.

Then we get married, and everything seems to go out the window.

The neat, clean and trim version of who we are is suddenly replaced by an overweight, out of shape, unkempt stranger. Then we act so surprised when our spouse says something along the lines of "You're not the person I married!" Duh! They're right. Like Elvis, that person left the building a long time ago.

What's really amazing is that people will dress up, shave, and wear cologne to go out socially or to go to work, but somehow they don't think of doing these things for the number one person in their lives: their spouse. You might think you're comfortable "just being yourself," but ask yourself if your husband or wife will stay in love with a slob or slacker forever. Do your best to stay the person your partner originally fell in love with.

- Shower daily and use deodorant and cologne or perfume daily. For men and women both, the sense of smell plays a big part in attraction. I mean honestly, would you rather smell B.O. or a delicious, sensual fragrance?
- Keep hair and nails neat and trimmed. This goes for the guys and the girls. While there's no need to rush out to a salon, it is important to do what you can to keep up with your appearance. If your hair's looking a little wild or shaggy, go in for a trim. If your nails are chewed down to the quick or cracked and broken, start taking better care of them. Neither of these tasks will take much time or effort on your part, but the response you'll get would be worth it even if they did.
- Stay fit and keep body fat same from decade to decade. This means keeping up with exercise and diet. Strive to get in at least 20 minutes of exercise three times a week, whether you join a gym or take an evening stroll. When meals roll around, pay attention to your portions. Slow down while you eat. Drink plenty of water, instead of sodas or juices. While the results won't be instantaneous, before very long you'll start to notice some very pleasant improvements!
- Wear nice clothes around the house. Again, this goes for the guys and the girls. It doesn't matter if you don't plan on going anywhere, dress as though you are. Resist the urge to lie around wearing sweats and socks all day long. Instead, slip on a flattering pair of slacks and a clean, wrinkle-free shirt. Not only will you start getting a little more loving attention from your mate, you'll also start feeling a lot better about yourself!

### **Emotional and Spiritual Well-Being...**

It doesn't matter if you're a drop-dead gorgeous super model, if you're tired, stressed or overwhelmed all of the time, it'll make you less attractive than you could be. And that's the whole point of seeking well-being: to be the best version of yourself that you possibly can. How much fun do you have in the company of people who are so exhausted that they can hardly keep their heads up? Or so stressed that they look like a major circuit's on the brink of self-destruction? If you're being honest, then you know that none of this is much fun at all – for anyone involved. If you're one of those people, it's important to understand how unpleasant it can be for those that you love. Especially your mate.

The key to solving this problem is to find some kind of balance in your life. To center yourself. If you're tired of being tired, irritable or unpleasant here are a few ways to make some lasting changes:

- Regardless of what your faith is (or if you have any "faith" at all) take some time to learn how to meditate. Whether you use affirmations, mantras, novenas, prayers or creative visualization, spending about ten or fifteen minutes a day in an internal retreat can really improve your outlook on life. It can also improve the outlook of those around you.
- As soon as you feel yourself getting flustered or overwhelmed, take a quick time out. Try to objectively look at the situation, identify your main goal or task, and then identify your obstacles. Simply taking a moment to step away from the situation and looking at it in a new light will help you learn to be proactive instead of simply reacting.
- If you're not getting enough sleep at night, figure out why. Do you stay up too late lying in bed watching television? Are you up all night playing on the computer? Do you consume too much caffeine? The first step to success is to remove any obstacles. If the problem persists once the obstacles are gone, consider some over-the-counter remedies like Tylenol™ PM or melatonin. Neither of these remedies will cost much. Simply take the recommended dosage about thirty or forty-five minutes before you'd like to be asleep and get ready to count sheep!

### **Mental Well-Being...**

If you're struggling with serious issues like depression, anxiety or grief, remember that you don't have to go through them alone. If you haven't already consulted your doctor about your problems, do it right now. Pick up the phone, give them a call and set up an appointment to get things taken care of. There have been tremendous advances in the world of mental health and problems like depression and anxiety don't carry the stigma that they once did.

If you've been carrying these burdens all alone, now would be a great time to discuss the issues with your mate. Explain that you've been really down and out (or sad or stressed or whatever) and that you've decided that you're going to see a doctor about it. Ask your spouse for their support, and help them understand that you're unhappiness, anxiety or grief isn't their fault.

By making a commitment to stop ignoring your problems and to open up communication with your mate, you've already made a phenomenal start on overcoming your problems. With a little patience and assistance, you'll be back to your chipper self in no time at all!

Taking care of yourself body, mind and soul will overflow into your relationship and make you a calmer, stronger, and better-balanced person. It will also help you stay dedicated to fulfilling the vows you made with your mate on the day that the two of you became an "us". And it isn't just your spouse who deserves a lover who strives to live up to their full potential – you deserve it too!

\*\*\*\*\*

Kathy Stafford, Relationship Coach

"I show singles how to get married and couples how to STAY married"

Do you want more from your relationship? Go to <http://www.dearkathy.com> for relationship articles, advice, and programs.

Do you go from one failed relationship to another? Do you want to find that special life partner? Get Kathy's new book, "Relationship Remorse: Mistakes Women Make When Shopping for a Man." and learn the right way to find a loving and committed life-partner. Order the book at <http://www.relationshipremorse.com>

Copyright © 2007 Kathy Stafford / dearkathy.com. All rights reserved.