

Self-care for a healthy 2010

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One of the more common wishes for friends each new year is that for good health. As with so many perfunctory remarks, it often carries sincere yet somewhat shallow meaning.

Let's take some time to give our bodies and emotional, mental and spiritual selves the respect and attention only we can give.

There are numerous sources for information on health available on the Internet. Among some preferred websites are www.realage.com and www.webmd.com. These resources can provide a better understanding of health issues as well as help identify steps for improvement.

Perhaps changes to daily routines such as increased exercise and adaptation to a diet more appropriate to our needs might be in order.

There are also benefits from introducing new regimes such as yoga or meditation. These self-help acts improve our state of well-being and, as a result, we become more productive and happier members of the community.

When deciding to start a new workout regimen, we may want to seek the advice of a qualified professional, such as a fitness trainer, to avoid injury. Unbridled enthusiasm has a way of getting the better of us sometimes.

In the office we are exposed to several germs, especially in the winter when air circulation is limited. These can test our immune systems. Consider using a hand sanitizer regularly, especially after touching surfaces such as escalator handles, door knobs and telephone receivers.

Carry a handkerchief or tissues and be sure to use them when sneezing or coughing. Afterward, a squirt of hand sanitizer is smart. It shows consideration for ourselves and those around us.

Some find roles as caregivers to be consuming. We must remember to take care of ourselves first. We all know the instructions announced over the speakers in airplanes: to put the oxygen mask on yourself first before helping others. This same principle applies to our day-to-day caretaking responsibilities too.

Consider taking a few minutes each morning as we rise or each evening before going to sleep to quiet our minds; to give thanks for our many blessings; and to organize priorities.

Above all else, practise the fundamental principles of all etiquette. Use common sense, be respectful of ourselves and others and be compassionate at all times.

No one has all the answers. To some questions, there are no answers. Being as informed about our health as much as possible, just as with other parts of our lives, provides the advantage of being able to make the wisest decisions possible.

I sincerely hope 2010 brings you much happiness and good health.

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