

Home
Current Issue
Archives
Search
Editorial Contact
Advertising
Family Shopping



Columnists

Mothering Ourselves - A Guide to Self-Nurturing For Every Woman

by Alisa Ruby, M.A.

As beautiful Angelino women, we have more to celebrate this upcoming Mother's Day than our grandmothers ever could have fathomed. We do it all and we do it well. But how often do we do it for everyone else and leave numero uno last on our to-do list? Self-nurturing activities such as: the gym, Pilates, bubble baths, yoga, massages, lunch with the ladies and a quiet cup of tea often get neglected as we give and give to others all day long. Studies have shown that as nurturers, our physical and emotional health deteriorate quite rapidly when we do not replenish what we put out. As our stress levels rise, our immune system weakens and we end up suffering illnesses at far greater rates than those who make conscious relaxation an integral part of their lives.

Mother's Day is a symbol of the reverence we need to give to ourselves everyday. Few of us experience perfect childhoods. However, as women, we get the opportunity to become our own good mother and raise ourselves with all the love we would want to bestow upon our own children. Committing to mini-vacations from our busy lives, even for an hour, must be non-negotiable. As we temporarily leave the children, lovers, husbands, homes and jobs we usually take care of, in order to focus on the sacred dimensions of loving and honoring ourselves, we heal our hearts, neglected bodies and

inner beings. We show ourselves how we deserve to be treated and the world follows suit. By nurturing ourselves, we become shining examples of grace, and teach our loved ones about the delicate balance of giving and receiving in all relationships. Following are some wonderful rituals and suggestions for self-nurturing everyday.

Give yourself permission to say no to activities that are stressful, overwhelming, sad or uncomfortable. Sometimes it is ok to avoid people whose company is draining or events that will put you in a bad mood. You deserve to fill your free time with people, places, and things that make you feel good. Create your own daily “happy hour.” This will be the time that you honor yourself with an aromatherapy bath, a massage, a yoga class, a good book, or whatever you find relaxing. Decide to see a therapist. We all can benefit from understanding ourselves better and healing whatever issues we may have. Everyone suffers, and working with a skilled therapist can create miracles.

Sleep!! It’s easy, it’s free, and it’s a barrel of fun. Getting our eight hours a night boosts our immune system, makes us beautiful, and helps us tackle all our responsibilities with confidence.

Eat! Eating a balanced, nutritious diet rich in whole foods will make you happier, healthier, and live longer. Eating regular small meals throughout the day keeps our metabolism functioning optimally and keeps our stress levels down. Cut back on the caffeine, sugar, alcohol, and processed foods. Take yourself on a date! Spend a romantic afternoon with yourself. Go visit a new part of town, walk on the beach, buy yourself a gift, and eat delicious, sensual food. Be conscious the whole time of how special you are and how much you deserve to be deeply loved and cherished.

Alisa Ruby is a private practice Marriage and Family Therapist intern in Westwood. She can be contacted at 310-208-7187 ext. 640 for any inquiries or appointments.