

Take time for 'me time'

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(HealthDay)—Husband or wife, mom or dad, the demands on your time can be overwhelming. But even if there's no end to your to-do list, securing some time for yourself is a must.

While scheduling a mani-pedi or catching a ball game with friends is great, simply closing your office or bedroom door for 30 minutes can give you the time you need to recharge.

True quiet time with no distractions and no demands has many benefits. It allows you to focus on important situations you're dealing with, think more clearly and be more creative. You can even use the time to reflect on the goals you've set for yourself and possibly tweak them.

Finding private time can seem like a challenge all by itself. You might try waking up 15 minutes before everyone else in your household for quiet reflection before you turn on the TV or any other electronics. In pleasant weather, get outside in the morning sunshine and take a walk around the block or simply water the flowers in your yard.

At night, skip the late news and escape to the solitude of your bedroom or a spare room that can become your oasis. You might read, do a [crossword puzzle](#), knit a few rows on a small project or simply practice a few minutes of deep breathing to get yourself centered and relaxed for a deeper sleep. Resist the temptation to text a friend or check email. Just focus on *yourself*.

Tuning out for limited periods is so rejuvenating that each March, there's a National Day of Unplugging to encourage people to turn off their [electronic devices](#). But you don't have to wait until then. Find some "me" time today.

More information: Need motivation to find "me time"? *Psychology Today* details six great reasons to [take time for yourself](#).

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