

Put Your Oxygen Mask On



TAKE ACTION

Put on your own oxygen mask first, then assist others.

There's a reason they make this announcement on every flight!

Too often we think it sounds selfish to "put your own oxygen mask on first." It does kind of sound selfish - thinking of myself first before helping others. But if you think about it, this is actually the best thing you can do for others!

Why? Because if you don't make it a point to get oxygen into your life – literally and figuratively – you will quickly become part of the problem rather than being able to help others! You will be the one who needs assistance, rather than being able to assist them!

Think about: What drains your Oxygen, and what gives you Oxygen??

Get some "oxygen" into your daily habits - literally and figuratively. Even though there may be some activities that you can't access right now, there are endless possibilities for you to consider and act on. Consider:

- **Exercise** - Find something you enjoy, with a partner or all by yourself.
- **Prayer / Meditation** - Soak in the quiet. Relax. Listen. Find Peace.
- **Being in nature** - Take a walk, a hike, or just sit by a lake. Get Outside!
- **Healthy nutrition** - It's Time. Goodbye donuts, Hello Apples!
- **Laugh!** - Watch something funny! Laughter really is the best medicine.
- **Build in Breaks** - Put them on your calendar and *protect* them.

**“Almost everything will work again if
you unplug it for a few minutes -
including you.”**

- Anne Lamott

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Activity: Living Out Healthy Daily Habits Ideas

Read through each of the ideas below for living out healthy daily habits.

- Put a **!** next to items you are not doing that you'd like to incorporate into your daily life.
- Put a **✓** next to items you are currently doing already.
- Add your own ideas in the areas below. (Approx. 20 mins)

Physical

- **Get Good Sleep.** Your sleep space should be a peaceful, healthy, restorative space. Do *not* let work crowd into your sleep space. Avoid using gadgets right before sleeping.
- **Exercise, Exercise, Exercise.** Find something you enjoy and get into an exercise routine. Get a workout buddy - virtual workout or join a group. Pick a time that works or if you're a 'free spirit', give yourself the freedom to exercise whenever.
- **Eat Right.** You know you should and know what it means, without looking up a new diet craze. Get the junk out and get the veggies in.
- **Drink a lot of water.** Water helps control hunger and if you drink enough, the bathroom breaks will work as natural work pauses during the day.
- **MOVE.** Don't get trapped behind your desk, whether at the office or at home. Get a standing desk and get away from your desk regularly every day. If you're on the phone, walk. Set a timer – avoid sitting for more than 30 minutes.
- **ADD YOUR OWN IDEAS:**

Emotional

- **Phone a friend.** Make a list of friends to connect. A call with a good friend can be a refreshing way to stay connected, or catch up with those you care about.
- **Vent.** It lets off steam and prevents explosions. Ask a friend if you could vent to one another.
- **Ask great questions.** Nothing makes a relationship stronger than asking each other meaningful questions and *really listening*.
- **Celebrate!** Not just 'party for no reason'; identify that particular reason why you can get together – in person or virtually.
- **Take a walk.** Make time for a quiet walk, finding a walking buddy, or a favorite podcast can help solidify the habit.
- **Have a coffee – or a beer – or...** Pick your beverage and time of choice. Morning coffee break? Afternoon tea? Happy Hour? Evening glass of wine? Relax - by yourself, or with a friend.
- **Practice Mindfulness.** Get centered. Be in the present moment.
- **ADD YOUR OWN IDEAS:**

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IDEAS: Living Out Healthy Daily Habits

Mental

- **Start with Something Positive.** Avoid reading emails first thing in A.M.! Listen to an inspiring message, talk, music – something that lifts your spirits and sets the right tone!
- **Have a Morning Routine.** Start your day the same way you would if you were going into the office. Start with a healthy routine such as exercise while listening to something encouraging, shower, eat a healthy breakfast, have your coffee, and get started with a calm, *balanced* day.
- **Keep your mental juices flowing.** Refresh your mind during the day by doing something new and mentally stimulating (puzzle, new book, or podcast, etc.).
- **Teach a Class.** Chances are, there is something you know enough about to teach others. You could teach a “master class” or a class for beginners! Nothing sharpens your thinking like preparing and teaching others.
- **Learn something new.** Learn a new language, an instrument or take a class on something you’ve always wanted to learn more about. Keep building your skills and developing yourself!
- **ADD YOUR OWN IDEAS:**

Spiritual

- **Get Quiet.** Turn it ALL OFF. Try a tech-free hour, day or even a weekend!
- **Pray.** If helpful, find a guide book or YouTube video.
- **Meditate.** If you haven’t meditated before or want to try something new, find a guided meditation. They’re available in various lengths (including just a few minutes!) and can help incorporate regular practice.
- **Reflect.** Journal your thoughts and feelings to glean insights about yourself and your life. Find a creative journal prompt online and go from there!
- **Listen to a spiritually encouraging talk or guide.** A favorite podcast or speaker can be a great place to start! Consider what’s helpful to you, and ask others for suggestions.
- **Listen to encouraging, peaceful music.** Find or create a calming playlist to listen to throughout the week.
- **Get focused on your values and live them.** Know what is important and take actions on those most important things.
- **ADD YOUR OWN IDEAS:**