



**“Nurturing and Empowering Families to Help Build Stronger Communities.”**

*Serving Flagler and Volusia Counties*

## **The House Next Door From our House to Yours...**

### **July is Self Care Month**

Self Care is crucial in our every day health and over-all wellbeing. When neglecting self care, an array of problems can increase. For example, negligence in your routine can cause an increase in anxiety, fatigue, anger, poor self esteem, stress, depression and more.

There are several methods to self care for both your mental and physical health. It depends of every person so it is important for everyone to create their own personalized self care plan that works best for them. Everyone should try different things to see what works best for them. Different things to include to your self care plan can include things like taking care of your sleep routine, eating healthy, exercising, taking breaks, staying organized, etc. The benefits of engaging in your self care include better mental, physical, spiritual and emotional health. It can reduce depression, stress, and anxiety, along with a lowered risk of illness and increase in energy and motivation. It can give you better sleep, happier relationships, increase self esteem and more. Keep track of all the improvements you gain after self care and see what benefits you the most.

Here is what the staff have to say about self care:



“I am a big fan of self care! Whether it be taking one Sunday a month to “recharge the batteries” and do nothing necessary, to, my favorite, spending time with my daughter, hanging out and having fun.

I started taking my daughter, Mackenzie, to Disney on her fifth birthday. So many good memories have been made sharing time together, running around the parks, doing our favorite rides and eating our favorite Disney snacks. We let our annual passes go during Covid and haven’t been for three years. For my birthday this year, Mackenzie, who is now 19, bought us tickets to go to EPCOT After Hours. We had a blast! No thoughts or worries and having a great time together. The best self care, to me, is just that!”

- Dana Braun

**July 2023**



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**The House Next Door Family Foundation**

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door.

Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at [tomrobertsonrai@gmail.com](mailto:tomrobertsonrai@gmail.com) for further information.

**Examples of Self Care provided by HND staff**



“Self-care means to me giving yourself self-love. That you get a chance to take time for yourself and do the things you love doing. Things I enjoy doing to take care of and look after my self-care are reading a new book, exercising, spending time with my family, doing my hair, doing facials and my own nails once a week and watching a new movie at the theaters by myself. It is all about making yourself feel good mentally and physically. So, if wearing those new funky shoes makes you happy do it, if that new hair style or hair color makes you feel amazing, show it off and take many selfies, at the end of the day it is what you want and what takes care of your self-care.”

- Linnette Reyes

“Self care is even more important during times of transition and change, and retirement is a huge life change. I have certainly planned it out longer than I did my marriage or my children. I have a five-year plan, and it seems a little surreal to be in the last 10 months of it . When I leave next June, I will be leaving a place that has held part of my heart and soul for the last thirty-five years.

As I have moved toward my goal, I have made lists of things I want to do after retirement. As I move close enough to see the end, I have begun making plans with family and friends for ‘post retirement’ adventures. I have also paid more attention to finances, cutting back on spending to practice living on less. This has the added bonus of moving more into savings. I have also done the major repairs to the house so they won’t impinge on my retirement.

For me, I think the self care is 1) having plenty of time to get used to the idea; 2) identify new things to look forward to; and 3) feel like my life style and my budget are compatible. I am looking forward to my next life phase while at the same time feeling a little sad about leaving the work I love. But I have a plan for that too—I will definitely stay connected to the “House” and the people who are my HND family.”

**Options to add to your Self Care Plan:**

Exercise daily  
Stretch  
Eat healthy  
Read  
Journal  
Stay organized  
Take breaks  
Drink more water

Spend time with family and friends  
Set goals  
Set boundaries  
Seek support from professionals  
Watch a movie  
Go for a walk  
Stretch  
Try something new