

# Happy Relationship Month

## Self care is vital



*Self care is very important to our health! If we do not take care of ourselves who else will do it for us? Our parents, doctors, co-workers? No, I think not. It's up to us. So, start off this spring learning about "Eating for Energy" and get a head start on self care with nutritious food. Join me for a free workshop April 30th at the Wake Foerst Farmers Market from 9-10am or 10:30-11:30am. Limited seating is available, so come early. See you at the market!*

Greetings Everyone!!

I hope you are all having a good month so far. As the days are getting longer, we are welcoming more sun and warmth to prepare our hearts, minds, and bodies for spring. Today we will take a look at relationships. Enjoy!



## Relationships

We all have numerous relationships; parents, siblings, coworkers, friends, partners, spouses, children, etc. The most important relationship, that may at times be overlooked, is the relationship we have with ourselves. We need to have a healthy, nurturing, and positive relationship with ourselves before we can have healthy and positive relationships with others. If we don't love and respect ourselves how can we expect others to do so? If we do not take care of our body, mind, and spirit how can we encourage others? If we cannot forgive ourselves then how can we forgive others? Maintaining a healthy relationship with ourselves is not always easy but the more we examine and understand our needs and desires the easier it becomes. Talk positively to yourself; instead of saying "Gee why did I do that? That was so stupid!" we can turn it around by saying, "Learning is a lifelong process and the more I live the more I learn what works and what doesn't work for me." Maintaining healthy relationships is work that is well worth the effort. Benefits of positive, healthy relationships can include heightened self-confidence, improved spiritual, emotional, and physical health, and an overall enlightened well being. So, this month let's spend some time on relationship nurturing with our main focus on the relationship we have with ourselves. Give yourself a massage or cook something nice, you know what you like.

## MONTHLY RECIPE

### Kiwi Salad

You will need:

- 6 kiwifruit, peeled and sliced

- 1 cup sliced strawberries
- 1 cup fresh pineapple cut into 1 inch pieces
- 1 TBS lemon juice
- 1 tsp honey

1. Mix all ingredients together and serve immediately.

Compliments of the Worlds Healthiest Foods. [www.whf.org](http://www.whf.org)

As we wind our way through February and into March let us always remember we must take care of ourselves before we can care of others. Just like they show you on the airplane in the event cabin pressure is lost you must place the oxygen mask over your face first before assisting others. Have an awesome and blessed month. Until March... be healthy, wealthy, and wise.

**Peace,**

Lori Tyman  
Vigorous Choices

**FREE  
Consultation**

Come explore a little more in how self care can improve your everyday abilities. Complete a health history questionnaire and send it to me to schedule your free 1hr. consultation.  
[www.vigorouschoices.com](http://www.vigorouschoices.com)

**Offer Expires: March 5th**