

Be Powerful



12 Ways to Take Better Care of Yourself.

Exhausted, uninspired or unwell? It's so important to make sure you take good care of your body, mind and soul every day, not just when you get sick. [Learning how to eat right, reduce stress, exercise regularly and take a time-out when you need it](#) are touchstones of self-care, and can [help you de-stress](#), stay healthy, and [keep resilient](#). These self-care tips will help you to take care of yourself:

1. **Make sleep a priority.** Good sleep habits can have a huge effect on how you feel, both emotionally and physically. Likewise, not getting enough sleep can cause major health issues.
2. **Take care of your gut.** Your gut health can have a significant impact on your overall health, well-being and feelings of vitality. The types of foods you eat have a crucial impact on the bacteria that live in your stomach, resulting in a cascade of either positive or negative outcomes. An unhappy gut can lead to an unhappy person and vice-versa.
3. **Exercise daily.** We all know exercise is good for us, but do we really know how good it is? Daily exercise can help you both physically and mentally, boosting your mood and reducing stress and anxiety, not to mention helping you shed extra weight.

4. **Eat right.** The food we eat has the potential to either keep us healthy or contribute to diseases such as diabetes, but it can also keep our minds working and alert. Eating the right foods can help prevent short-term memory loss and inflammation, both of which can have long-term effects on the brain and, in turn, the rest of the body. Some of the most amazing self-care foods include fatty fish, blueberries, nuts, green leafy veggies and brassicas, like broccoli.
5. **Learn to say 'no.'** Learning to say no is difficult; many of us feel obligated to say 'yes' when someone asks for our time or energy. However, if you're already stressed or overworked, saying 'yes' to loved ones or coworkers can lead to burnout, anxiety and irritability. It may take a little practice, but once you learn how to politely set limits and say 'no', you'll start to feel more empowered – and you'll have more time for self-care.

For the next seven tips, [click here](#).

Source: [Psychology Today](#)

Shrimp Boil Skewers with Corn, Sausage and Potatoes

Ingredients

Spicy Cajun Butter

- 6 tablespoons unsalted butter
- 1 tablespoon chili powder
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon freshly ground black pepper
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- 1 pinch red pepper flakes

Skewers

- 1 pound baby potatoes (red or yellow)
- 1 pound unpeeled shrimp
- 1 pound smoked andouille sausage, sliced
- 4 ears corn, each cut into 4 to 6 pieces
- Salt and freshly ground black pepper
- ¼ cup chopped fresh parsley
- 1 lemon, cut into wedges
- 3 tablespoons sour cream

Source: <https://www.purewow.com/recipes/shrimp-boil-skewers-recipe>

Instructions

1. Make the cajun butter: In a small pot, melt the butter over medium heat. Stir in the chile powder, paprika, garlic powder, black pepper, thyme, oregano, cayenne pepper and red-pepper flakes; heat for 30 seconds to 1 minute. Set aside.
2. Cook the potatoes: Put the potatoes in a medium pot and add enough water to cover by 1 inch. Bring to a boil and cook until just barely fork-tender, 7 to 8 minutes. Drain.
3. Assemble the skewers: Arrange 3 shrimp, 3 pieces of sausage, 3 potatoes and 2 pieces of corn on each skewer.
4. Brush each skewer generously with the Cajun butter and season with salt and pepper. Working in batches, cook on a preheated grill or grill pan until nicely charred on both sides, 4 to 5 minutes per side.
5. Serve immediately, garnished with parsley and lemon wedges.

Check out these online resources and smartphone apps!

If you struggle to find time for self-care, these clever apps can help. Your phone can be a useful tool for carving out time to recharge. Are you trying to balance the pressures and responsibilities of everyday life? [Streaks](#) is the to-do list app which helps you organize your thoughts and develop good habits. How about self-care for your relationship? Check out [Lasting](#).

Click [here](#) for reasons you should go outside

