

# Village Chiropractic News

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Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

## *What's your order? Do you practice putting your own oxygen mask on first?*



Every time we fly, we hear flight attendants sharing some variation of the Oxygen Mask Rule:

"Should the cabin lose pressure, oxygen masks will drop from the overhead area. Please place the mask over your own mouth and nose *before* assisting others."

Why do they say that? What could possibly be wrong with helping others first? The immediate response is, "No way, I need to take care of my kids (husband, mother, best friend, stranger in the seat next to me...). The idea clashes with our instinct.

In the case of the airplane, oxygen masks are deployed in situations where the oxygen level has dropped dangerously low. Without our oxygen mask, we will quickly lose consciousness. If we don't make putting on our mask our first priority, we will very likely *not be able to help anyone*. We will be unconscious.

The same applies to caregivers. Our natural tendency is to do for others, because we are caring, loving, nurturing, responsible, supportive and competent people. In today's busy world, the first thing that we seem to neglect is ourselves. There's only so much time in the day and most times, taking care of exterior responsibilities are more important than taking care of our inner selves.

So what stands in the way of caring for yourself? The most common barrier is the belief that we are selfish if we do for ourselves. Selfish is lacking consideration for others or concern with one's own pleasure or profit. This is not what caring for yourself is. Taking care of oneself is self-care. It is personal health maintenance or restoring and maintaining physical, mental and spiritual health. Self-care is [exercise](#), eating healthy, getting proper rest, having a support system and taking a time out to just relax. We apply the same skills and traits that we use for caregiving to ourselves when we practice self-care.

Why is this so important? Burn-out, [depression](#), [loneliness](#) and physical ailments are just a few results that can happen if we neglect self-care. A good analogy would be if we neglect our car over a



Pssst!

Discount Day!  
Sat Apr 13th  
10:00—noon

Office Hours  
Mon  
9:15-5:00  
Wed  
9:15-6  
Fri  
9:15-3

ALL HOURS  
ARE BY  
APPT

**ATTENTION:** Our schedule is becoming increasingly busy! :) Please schedule your appointments in advance when possible, and please let us know if you are unable to keep an appointment because someone else might need your spot! Thanks!

eriod of time, do not change the oil, clean it, rotate the tires, maintain the belts etc. our car will not run very well, and eventually it will break down. The same goes for a caregiver. Just like the oxygen mask, we need to take care of ourselves so we can effectively take care of the people we love.



Self-care is the oxygen mask for the caregiver. It is an opportunity to breathe in new life.

The question becomes, what is your oxygen mask and where to begin? For each of us, the answer is different.

Mother Teresa took 4 hours EACH and EVERY morning to reconnect before she took a step into the world. Pope John Paul took 3/1-2 hours of quiet time each morning. Yet we bounce out of bed, hop in the shower and we're ready to tackle the world- unarmed, disconnected and ill-equipped.

The key to beginning is with baby steps.

Start small with 10- 15-minute increments and build up.

Here are some examples:

- Take a shower and turn on your favorite music. Listening to your favorite music creates a mental recess and uplifts the spirit.



- Pet your dog or cat. It is vital for human beings to connect with life. Petting an animal will help you create a sense of love naturally and soothes the soul.

- Go outside. Take a walk, or sit in the fresh air. A 5-10 minute walk outside enlivens the spirit, exercises the body to keep it healthy and helps recharge our batteries. Sit in the fresh air and take deep breaths and you will notice an instant change in your well-being.

- Eat the pie. Indulge and take the last piece of pie or make a favorite meal. Treating yourself makes you feel special.

- Laugh. Nothing works faster or more dependably to bring your

Many of us truly have a difficult time saying “No”, that it is out of duty as a human being to be there for everyone who needs us.

(Envision the “selfish” people on the plane helping everyone else with their mask while the selfless ones slowly suffocate.)

It's time to think of yourself. It's time to pay attention to your emotional, physical, and spiritual health. This means eating healthy, exercising, balancing quiet time with activity, taking time for yourself and time with friends. It also means saying “No” sometimes; it means not being a doormat, it means delegating chores to others. It means making others in your life accountable. It means giving to others but not at the expense of yourself.



“It sounds so selfish,” you say.

*It is not selfish. It is self-preservation.*

Some people get their identify from pleasing others. In doing so, we lose ourselves. We can become automatic “yes machines” when people ask for our help because we want people to like us and we don't want to disappoint anyone.

It isn't always easy to put ourselves first. Some of the people in our lives are used to the status quo and may not be comfortable with the new you. Remind yourself daily of the healthy benefits of self-care. Sometimes to save yourself, you have to disappoint someone else.

*It is not selfish. It is self-preservation.*



So instead of thinking that you're being selfish in taking time for you, do it. Do it now. If you haven't taken quiet time today to just sit and listen to your inner world, go do it. Your “to do” list for the week may be huge. But nothing, **NOTHING is more important than you are.**

Whether it's exercise, meditation, prayer, reading something inspirational or going for a walk in Nature- **Go put your own oxygen mask on first! This is not selfish. This is practicing self-care to maintain your mind, body and soul.**



# April 2013



Sun	Mon 9:15-5:00	Tue	Wed 9:15-6:00	Thu	Fri 9:15-3:00	Sat
	1 EASTER MONDAY	2	3	4	5	6
7	8	9	10	11	12	13 DISCOUNT DAY Adjustments for \$25! 10:00 am—noon First come first serve Cash or check only
14	15 Tax Day	16	17	18	19	20
21	22	23	24	25	26 Arbor Day	27
28	29	30				