



## Counselor's Corner January 2015:

### Thoughts and Actions for 2015:

1. **Love yourself:** Too often I meet people who are often kind, generous, caring, and considerate of others. And yet (I love this expression from Saul Bellow), they are hard on themselves. Each of us deserves the same self-love and care that we extend to others. Caring well for you is a necessary first step in sustaining positive care and support for others.
2. **Care for others:** Most of us are challenged, troubled in one way shape or form. At times we can feel so burdened by our trouble, that we feel closed to and unable to help others. Regardless of what challenges each of us face, regardless of the limitations we may feel, we are all able to help and care for others in some manner. Our care can be as simple an act as trying to share a kind word, smiling at others, volunteering or sharing our talents or our treasures with others. The road to good health and well-being is paved in our care and support for one another.
3. **Exercise in any manner you are able:** Studies consistently show that an exercise routine is critical to our physical, emotional, and cognitive well-being.
4. **Actions vs. words:** Know that our actions are of far greater importance than our words. Be a person of action in 2015. Be a person committed to your own well-being, and the care and support of others.

*Wishing each of you a very blessed New Year. Stu Jaffe, LCSW*