

Do you ever find yourself longing for some time for yourself? Many of us are so busy with work, school, and home life that often there is no time left over to do something that you enjoy. What follows are some ways to carve out that essential time you need to slow down, enjoy life, and rejuvenate yourself.

Time for Yourself

As you recognize your life to adjust to having a baby, do not forget your own requirement to have some time



for yourself, however difficult it may be to schedule. You need private time to be a person in your own right and not only a parent, a homemaker, a spouse, and perhaps an employee. You need the time to build and maintain the self-esteem that makes you effective in all those roles and effective at being yourself. You need time to exercise, to groom yourself, to read, or to work on a hobby... or to look at sky or water and let your mind wander. Finding this time will probably never be easy for you again, but it will continue to be very important that you do find it. Always look on it not as a luxury or a reward, but as an obligation to yourself. You won't always be able to have the hour or more that would do you the most good and be the most enjoyable, but you'll find that even a few minutes snatched from a busy day will refresh you.

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If you are an early riser, at your best in the morning, you may enjoy a few minutes of peace and privacy over a cup of coffee before the rest of the family is awake. Your baby's daytime naps may give you some precious time. Even later, when you may not feel the need to sleep every time your baby does, nap time should be for you, not for housework. Evening is a wonderful time for a leisurely bath, even for a good read in a warm tub.

And evening is probably also the best time for a quiet



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hour or two for spouses. As important as it is for each to have some solitary time, it is equally necessary for a married couple to spend at least some time together alone.