

# Tips & Recipes

## Do it! Delegate it! Dump it! for Self-Care

Do you have enough time for your self care? Probably not! I have a few tips to help you find you a little more time for relaxing and self care. These are from the Do it! Delegate it! Dump it! System.

**Do it:** anything that takes 5 minutes or less just DO IT and forget about it. Write the check, put it away, make the quick call, or reply to the email. There, it's done and off your list and out of your mind.

**Delegate it:** As you are going through your list of things that need to get done, ask yourself, can someone else do this? Can I hire someone to do this? Pay your kid some extra chore money?

Asking for help isn't always easy, but there is no reason why other family members can't cook dinner or put a kid to bed to give you some much needed time alone.

Sometimes when you ask for help you will be met with some resistance, people don't really like change! Hopefully with some honest communication you will be able to get a few things off your plate. Check out this article for some tips: [Ending the chore wars: How to get your mate to help out on the home front](#). Hiring a house

cleaner is a wonderful gift that you can give yourself. Talk about a stress reducer!

**Dump it!** Some things just don't need to get done. I don't match socks. If you want socks at my house go dig through the basket.

\*\*\*Quite often I change my plan to get stuff off my list. Is there an easier way to get the same result? Party plans getting stressful? Pick up some store-made food. If I make too many plans for the weekend, I have no problem cancelling because I need at home time. My friends understand. I never bail on my commitments, like volunteer work, but I will cancel other plans if I'm overly stressed. When stress piles up, start dumping, and go get a massage!

What can you Do, Dump or Delegate today?

( add your own personal examples )

## **Green Smoothies**

Have you tried Green Smoothies yet? They look gross, but they are PACKED with nutrition and they can taste great, with the right combination of ingredients!

Some of the benefits of Green Smoothies are:

1. Whole food nutrition from the fruits and veggies you choose, better than juice because you get all the fiber as well.
2. You can get your veggies in without even noticing the taste of the veggies is usually covered up by the flavors of the fruit.
3. They are easy and inexpensive to make with a few basic ingredients and a blender.
4. Because they have fruits and veggies green smoothies give you longer lasting energy than just eating fruit.
5. Green smoothies are low calorie, filling and hydrating.

So let's get started! You will need:

1. Greens. Baby spinach (this is the best one for beginners), or "juicing greens" mix, kale, turnip, greens
2. Fruit. I always use at least half a banana for sweetness, berries, pineapple, apple, peaches, mango, etc. Carrots are good too
3. Liquid. Milk, (almond, coconut, cashew, soy) juice or water
4. A blender or Ninja

## 5. Optional Protein powder, yogurt or super food like Spirulina

I use 1 to 1-1/2 cups of greens, half a banana, 1 cup of other fruit.

Put all that in the blender, smash it down, cover with your liquid and blend on high until smooth. I add about 1/2 teaspoon spirulina and sometimes protein powder too. I use some frozen fruit because they taste better nice and cold!