

Nurture Yourself



Fundamentally, according to the principles of Traditional Chinese Medicine (TCM), balance comes from the equality and mutual dependence, of *yin* and *yang* energies.

Our society, however, embraces imbalance by overvaluing masculine *yang* qualities like hard physical and mental work, aggressiveness, growth/ expansion, and fast-paced living, while undervaluing feminine *yin* qualities like quiet reflection, receptiveness, love and nurturing.

Women and men alike are made to feel guilty and lazy for taking time to reflect, love and nurture themselves. *Yang* cannot, however, sustain itself without the balancing and centering aspects of *yin*. Unchecked *yang* activities necessary lead to imbalance, and therefore, physical, mental and spiritual illness. Adrenal exhaustion, anxiety, infertility, hormonal imbalances, early menopause, painful periods, migraines, high blood pressure, stroke, violence and war are just a few examples of unchecked *yang*.

To live a balanced and healthful life, you must nurture both *yin* and *yang* energies equally. For every outward *yang* movement you make, you must hold an equal *yin* stillness within. In other words, you must take the time to meditate, reflect, love, nurture and care for yourself, just as you take time to create, grow and actively participate in the universe.

Nurture Your *Yin*: List 10 easy things you can do to relax, de-stress and nurture yourself daily (examples: take a bath with incense and candles, take a quiet walk in nature, relax in the sun, breathe deeply, write in a journal, create music/ art, hug yourself, hug your pets or partner, meditate, take time to reflect on your day):

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

Try doing at least one of these things every day for two weeks. How do you feel? What other things can you do to be more calm and centered?