



February “Tip” of the Month

The Delta Kappa Gamma Society International~For Key Women Educators

February 2010



Create the “Buzz” About Health Issues of Women

Regardless of your age, your responsibilities or your health issues, it is important that you take time for yourself and nurture yourself properly.

“The soul has an absolute, unforgiving need for regular excursions into enchantment. It requires them like the body

needs food and the mind needs thought.”—Thomas Moore

The following are some suggestions that might work for you to affirm that you count. Share them with others. Create the Buzz that women need to take better care of themselves:

- ◆ Allow yourself some private time each day
- ◆ Take a long walk
- ◆ Buy yourself some flowers
- ◆ If you don't have close

friends, begin to develop an intimate circle of friends-- This is one of the DKG purposes.

◆ Put on your favorite music, turn it up loud and dance regardless of your age and/or physical condition (Sing as if no one is listening; dance as if no one is watching)

◆ Allow yourself that special treat --anything from the manicure or pedicure to a good movie or book--something just for you

◆ Write a love letter (to your partner, your children, your parents, friends, yourself.)

Priority Is Taking Care of Yourself

It is no secret that women are often “caregivers,” attending to other’s needs before they care for themselves. But taking care of oneself should be a first priority.

While women have many health issues including breast cancer, ovarian cancer, cervical cancer, it is a fact that heart disease is now the number-one killer of women. Because women often have no warnings or symptoms before a heart attack occurs, they must make sure to do everything possible to reduce the risk. And the good news is that by taking action, we can beat the statistic.

We need to become empowered with information regarding women’s diet, exercise, physical check ups, emotional and spiritual wellness.

February is designated as **heart month**. Women wore red for Women’s Day on February 5. We should continue to create the buzz about this and other health issues. We need to speak up for ourselves and others. Continue to talk to others about women and their health concerns.

Take care of yourself, and then you can take care of others.

Share your ideas on “buzzing”! We learn from each other.



Submit your ideas to Dr. Beverly Helms Helms_b@firn.edu Access other state and chapter websites to learn what others are doing. DKG state organizations and chapters are really “buzzing.” Find the BUZZ! It is spreading.



Website of the Month Washington State

www.deltakappagamma.org/WA

Interesting site

Lots of Information

Learn more about Spokane