In Honor of Women’s History Month…

CELEBRATE YOU!

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March is Women’s History Month, a time to celebrate women.

As a Life Coach, I tend to look at the world with psychological eyes. So, I’ve been wondering, where are women, from a mental health point of view? Where have we come from? And where do we need to go?

While achieving so much in so many arenas of life, the biggest stumbling block seems to be self-esteem. There are still women of all ages, life styles and experiences who undervalue and treat themselves poorly. This can take the form of the hard working corporate executive and mother of three, who finds taking time out to focus on herself an unthinkable concept; the “empty nester”, who after her focused concentration on the needs of her family, chastises herself for having no other skills; or, the retired “nicest, most caring” woman who is rigid and unforgiving when it comes to dealing with herself.

If you recognize these issues in yourself, Women’s History Month is a perfect time to change your viewpoint and your actions toward yourself.

WHY is this so important? I have seen first hand self-esteem is key to resolving emotional problems and moving forward happily in life. Regardless of the issue, when my clients learn to respect and love themselves, then they succeed. Caring about and appreciating you does not mean that you stop caring about others. Not at all. Self-respect strengthens your ability to generate love. In the end everyone wins.

Women have certainly come a long way in terms of external achievements. My hope is that we can acknowledge and support ourselves for the efforts these achievements take and then enjoy the successes.

Let Women’s History Month be a time to reflect on your own special history. What is wonderful about you? What achievement can you acknowledge? What gift can you give yourself? Take time this month to celebrate YOU!

# Through her life coaching practice POSITIVELY YOU, Dr. Charrow provides individual and group coaching in her private Apollo Beach office as well as nationally via internet and telephone. Reach her by phone at her office: 813-645-8096.

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