



\$20 DINNER FOR TWO
1 appetizer. 2 entrees. \$20.
Available at participating locations.



SEE OUR MENU

Home / Love & Sex / Single Girls' Guide / Single Girls' Dating Tips / How to balance girl time, date time and you time

How to balance girl time, date time and you time

FINDING A BALANCE

Posted on Jan 26, 2011 12:27 AM by Jamie Beckman [Leave a Comment](#)

Rate this Article: ★★★★★ Like 7 Tweet 4

Being a foxy single gal has beaucoup perks (hellooo, full control over the DVR), but it can be difficult to juggle dates, nights out with friends, and your demanding job — and still take time for yourself. True "balance" probably doesn't exist for anyone (not even Angelina), but you can get darn close by using a few tricks to ensure your personal "pie" of hot dates, girls' nights, and you time is always cut into thirds.



1 STOP BINGE DATING

If you're newly single, it can be tempting to hit the dating websites or the bars and pack your schedule with new hottie after new hottie. Although unlimited options are nice, rapid-fire dating can be draining. "Make sure that dating does not become your full time job, no matter how eager you are to meet someone," says Jodi Lipper, co-author of *How to Live Like a Hot Chick*. "Decide on a number of dates per week or month that feels right, and don't feel bad saying no if you're too busy! If a guy is really into you, he'll be more than willing to wait a little to see you. Space out your dates so that you look forward to each one as a special treat instead of dreading them."

On average, how many dates do you go on per week?

0

1

2

3 or more

[View Results](#) [Online Survey Software](#)
SurveyGizmo

2 PENCIL IN TIME TO CHILL

A friend of mine recently told me that she always takes Friday nights for herself, no matter what, so she can recharge from the week and feel rarin' to go by Saturday. Or, twist your calendar to make it work for you: "Take a look at your schedule, whether it's on your computer or your phone, and look at how much space there is. Make sure your calendar is only 75 percent full — and there's 25 percent empty space to be by yourself," says Christine Hassler, life coach and author of *20 Something, 20 Everything*.

3 BE YOUR OWN PRIMARY CARE PHYSICIAN

During weeks when your schedule is packed, take a deep breath, focus, and use the rush of air as a "flashlight," Hassler says. "See what your body is trying to tell you," she says. "Maybe there are parts of you that feel tired or feel depleted — not just physically, but emotionally. Use your body as a feedback mechanism. If you stop and do that, you might hear that you need to slow down." Hey, if it works for U.S. soldiers, it can work for you: A recent University of Pennsylvania study found that highly stressed, soon-to-be-deployed Marines who practiced mindfulness by focusing on their breathing (among other things) saw improvement in their mood and memory.

4 LEARN HOW TO SAY NO

If you're feeling overwhelmed, don't be afraid to turn down offers from needy friends succinctly and politely. "Women tend to think that no is not a complete sentence," Hassler says. "We'll either justify or explain or both. It's okay to say, 'No, thank you' or 'No.'"

If you still feel you need to soften the blow, try killing your BFF with kindness. "Lead with a positive compliment," says Beverly Engel, author of *The Nice Girl Syndrome*. "Something like, 'I value our friendship so much. But I'm finding that I've been neglecting myself and I really need to devote more time to taking care of me.' Then finish with, 'I know you understand what this is like.'"

5 SAVOR RIGHT NOW

Rather than drowning in the dating pool, try viewing being single as its own thrill ride rather than a launching pad to your next relationship. If you're always looking for the next guy, "That isn't true singlehood," Hassler says, "and you end up carrying what you didn't heal from that relationship to the next one." Instead, take this opportunity to find out what makes you tick, just like you'd get to know a new guy or a new girlfriend. "Make sure that you're dating yourself," Hassler says. "Take yourself to the movies. Take yourself to dinner. Don't 'save' things for when you're with someone." If picking a movie you want to see without someone else whining about it isn't incentive enough, a study out of Ohio State University published this year found that people who said they knew themselves well reported more positive dating experiences than those who didn't.

Get 100's more tips on being single with our [single girl's guide to dating](#)>>

MORE SINGLE LIFE TIPS

- [4 Ways to enjoy alone time](#)
- [4 Ways to find peace with your single status](#)
- [50 Ways to enjoy being single](#)

Tags: balance, being single, dating, dating advice, dating tips, do's and don'ts, friends, friendship, friendships, girl time, girlfriend activities, girlfriends, how to be single, ladies' nights, sexy and single, single, single and happy, single fun, single girl, single girls, single life, you time

Jamie Beckman
Jamie Beckman is a New York writer and editor who has braved the dating scene for 10-plus years and experienced firsthand all of the hope, elation, and heartbreak that goes along with it. (And she wouldn't change a thing!) Jamie graduated with a journalism degree from the University of Missouri-Columbia and has written about relationships, health, and lifestyle trends for publications including Men's Journal, Men's Health, Best Life, First for Women, and Better Homes and Gardens. She has also written for Publishers Weekly, CNN.com, CMJ.com, Knot Magazine, and Two Drink Minimum magazine, and judged the 2008 and 2009 Amazon Breakthrough Novel awards.

Related Love & Sex Articles

- [10 Fun sex facts](#)
- [How to start dating after divorce](#)
- [21 Little sex moves that will rock your world \(and his!\)](#)
- [The best sex of your life: 4 Tips to improve your sex life](#)
- [How to flirt with text messaging](#)

Like 7 people like this. [Submit](#) [Buzz up!](#)

[« Previous Article](#) [See More Love & Sex Articles](#) [Next Article »](#)

Comments

- LISA** • JANUARY 28, 2011 • 8:44 AM
Great article on balancing time for yourself.
- JULIE SPIRA** • JANUARY 26, 2011 • 8:24 PM
Terrific article Jamie. It's about setting healthy boundaries for yourself with yourself.
- COREE SILVERA** • JANUARY 26, 2011 • 12:27 PM
Great advice to savor the now. Don't put life on hold because you're single. You never know who you're meant to meet on your travels.s

Name

E-mail (required - not published)

Comment

Freddie Chapman
Type the two words:

Free Kids Activities
Print them out and pass them around in the Kids' Activity Center
[see more!](#)

Signup for our newsletter
your e-mail: [SIGN UP](#)

FIND MORE!

- [Marriage](#)
- [Relationships](#)
- [Divorce](#)
- [Breakups](#)
- [Sexy Single](#)
- [Sexual Health](#)
- [Libido](#)
- [Sex Studies](#)
- [Sexuality](#)
- [Birth Control](#)
- [Sex After Kids](#)
- [What He Wants](#)
- [Valentine's Day](#)
- [Loving You](#)
- [Couplettime](#)
- [Romance](#)
- [Love Poems](#)
- [Romantic Travel](#)
- [Date Ideas](#)
- [Dating](#)
- [Wedding](#)

Ultra Switch
Has your routine become too routine?
Discover how Cottonelle® Ultra Toilet Paper is one little switch that can make all the difference.
Click to watch and play Bathroom Banter.

6 Ways to eat healthy on a budget
[BROWSE >](#)
Sponsored by **msn** Know now.

Get Connected

- [Due Date Club](#)
- [Baby Club](#)
- [Points & Prizes](#)
- [SK Book Club](#)
- [Daily Updates](#)
- [Find a Recipe](#)
- [TV Talk](#)
- [Enter to Win](#)

WIN \$2,500
And live like a red carpet diva!
[ENTER NOW >>](#)

50 POINTS SPHERE
GOOD THRU: 03/31/11