

Health & Wellness: Self Care

"The greatest wealth is health." -Virgil

What is Self-Care?

Self-care is about actively looking after your own mental health and wellbeing so that you can more effectively support the team you work with.

Why practice self-care?

Practicing self-care will help you to cognitively, physically and emotionally 'bounce back' each day over the long term.

What does self-care look like?

- Engaging in activities and practices that give you energy, lower your stress and contribute to your wellbeing (E.g. exercising regularly, eating well and fostering positive relationships). Self-care activities will be different for everyone.
- Participating in these activities regularly
- Noticing when your stress is manageable, and your physical and emotional wellbeing is enhanced.
- Making a commitment to your health and wellbeing for today and into the future.

Self-care is a daily and long-term activity

- Self-care takes practice and should be consistent in the approach to training throughout the week and even in the off-season. Self-care includes many of the same activities like eating well; sleeping well; and having outside hobbies or interests.
- A good place to start is with assessing where you're at, and then making a plan to improve your self-care.

Self-Care
Cheat Sheet

Self-care isn't rocket science.
Here's all you need to know:

- 1 Get Some Rest**
You probably need to sleep more. Who doesn't? 7-8 hours a night. Nap if you can. Make it a point to tell yourself "I'm resting now" at least once a day. Yeah. For real.
- 2 Fuel Your Body**
If you're eating junk, living on caffeine & feeling like a zombie, stop it. Plants. Lean protein. Healthy fats. WATER. Whatever makes you feel vibrant.
- 3 Move It**
Do what feels good to you. Dance in the kitchen. Jump on a trampoline. Swim, bike, walk, run. You don't *have* to sweat it out in a gym. Just MOVE.
- 4 Be Still**
Take 10 minutes every day and just breathe. Learn to meditate. Get quiet. Center yourself. Count your blessings. Express gratitude. Forgive yourself & others. Watch your life change.
- 5 Speak Up**
No one can read your mind. If you need something, ask for it. If something pisses you off, say so (respectfully). Stand up for yourself. Be the friend you deserve.
- 6 Enjoy Yourself**
Life's too short! Do something every day that makes you laugh. Talk to friends. Play. See a movie. Join a club. Take a class. Live your life!

HonorYourselfNow.Net

Here are a few Self-Care tips to keep your body healthy and able to function every day!

- **Get Some Rest!** - Schedule sleep. Make sleep a priority to enjoy a more focused, energy-filled lifestyle. Aim for 7-9 hours of sleep each night. Create a relaxing bed-time routine and change your electronic device settings to the “night-shift” mode
- **Fuel Your Body!** - Have a solid breakfast with plenty of protein and fat. Eat meals and snacks at regular times every day.
 - Don't skip breakfast- it is your body's start up fuel for the day!
 - Drink More Water! At least 8 cups of water a day!
- Limit sugary, caffeinated, and alcoholic drinks as they can affect your mood and sugar levels.
- Alcohol is pure carbohydrate and pure calories, makes you sleep badly, and keeps your blood sugar unstable. Moderate your intake.



- **Embrace nutrition basics.** Eating right doesn't have to be complicated. Forget the fad diets and adopt a healthy eating plan including a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.



- Keep a regular meal schedule
- Eat small and frequent meals
- Fresh fruits, yogurt & granola, low-fat cheeses, almonds, walnuts, hummus, red peppers, half a sandwich, and single serving of pop corn are good examples of healthy snacks.

- **Move It & Enjoy yourself!** - Connect with others. Building a community of people who can help you through life's ups and downs is a vital step towards happiness and good health. Invest in relationships that provide encouragement and accountability to both parties.



- **Speak Up & Enjoy Yourself!**



- **Stress less!** No one can read your mind, if you need something, ask for it, if something is bothering you, speak up about it respectfully. Stand up for yourself and be the friend that You deserve!
- **Gratitude** has been shown to lower stress, which prevents many other physical and mental consequences. Instead of focusing on what your body can't do or how you wish your body looked, try expressing gratitude for where you are now and the opportunity to make improvements.

- **Be Still** - Try meditating. What's the worst that can happen? Try the free app “Insight Timer” on your smart phone, and explore all the mind-balancing opportunities at your fingertips. A little guided positive thinking for 10 minutes every morning is sometimes all you need to start a day off great!

