

What is Self-Care?

WE have needs in the areas of: _____

What is Self-Care? _____

Why do I need to take care of myself? (1) _____ (2) _____

(3) _____ (4) _____

Positive Thinking: (1) reduces risk of _____ (2) lowers rates of _____

(3) creates increased _____ (4) you have a greater _____

OUR BODY needs a balance in our cortisol hormone. We can do that with: 1) _____

(2) _____ (3) _____ (4) _____

OUR MIND needs rest and challenge and our mind needs margin. Ideas for mental refreshing:

(1) _____ (2) _____ (3) _____

Resources: ** Getting better sleep: Blue Light cancelling glasses after 3pm. ** I periodically listen to the podcast "The Model Health" with Shawn Stevenson. ** I try to practice earthing/grounding. Here is a resource to consider: Cleveland Clinic: health.clevelandclinic.org/earthing. ** I listen to a YouTube channel TheSilentWatcher with babbling brook sounds.

EMOTIONS that are healthy come from self-honesty and mindfulness. But let's talk Goofy as an emotion.

YouTube channels to get you out of your rut: (1) _____ (2) _____

Some ideas to meet the needs of our Emotions: (1) _____

(2) _____ (3) _____

And don't forget: try something completely new. A favorite for YOU would be _____

SPIRIT. We sometimes don't talk about this very personal but important part of our lives. Ideas to feed this area

of my life, I can: (1) _____ (2) _____

(3) _____ (4) _____

My research found: (1) hazeldenbettyford.org/articles/twelve-steps-of-alcoholics-anonymous and (2) Npr.org/2009/05/20/104310443/prayer-may-reshape-your-brain-and-your-reality and (3) www.thesynapsory.org

My One Goal: I will practice at least 5 times in the next 30 days: _____