

SELF - CARE TIPS

PHYSICAL HEALTH

One of the most important aspects of health is physical self-care, which benefits not only your body, but your mind, too. To take care of yourself physically, you need to move and fuel your body. Healthy lifestyle habits like engaging in regular physical exercise, eating a well-balanced, whole-food diet, and supplementing with health-promoting supplements will have a lasting impact.

1. **Get enough sleep** - Try your best to get at least seven hours of sleep every night. Without enough sleep, you face an increased risk of issues like depression, increased weight gain and inflammation.

Practice frequency: Each evening.

2. **Exercise daily** - Physical activity, in any form, should be a priority. You can go for a jog or walk, do yoga, lift weights, ride a bike — you name it. Moving your body is key.

Practice frequency: Engage in some kind of physical activity every day.

3. **Eat a well-balanced diet** - We know that diet plays a leading role in your health, so focus on a well-balanced diet that's filled with whole, fresh foods whenever possible.

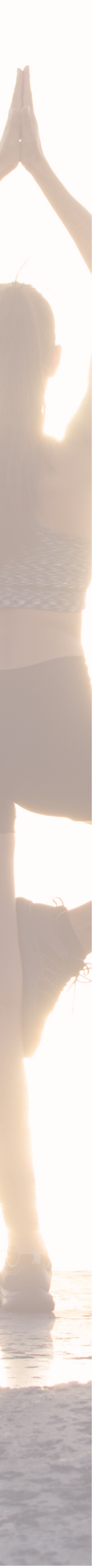
Practice frequency: Daily.

4. **Support your gut** - Your gut health impacts so many aspects of your overall wellness, from immunity, to nutrient absorption, mental health and digestion. It's important to support your gut by taking probiotics, eating healing foods like bone broth and fermented veggies, and avoiding inflammatory foods.

Practice frequency: Daily.

5. **Boost immune function** - Support the health of your immune system by using immune boosting herbs like echinacea, elderberry, ginseng and astragalus root, foods like bone broth and green tea, and supplements like vitamin D and zinc.

Practice frequency: Daily.



SOCIAL HEALTH

Social relationships affect our mental, behavioral and physical health. Social self-care involves fostering positive relationships and providing and also seeking emotional support. It also involves social networks that allow you to socialize from a distance, hopefully strengthening relationships.

1. Engage in face-to-face interactions - This allows us to build positive, meaningful connections. When you can't physically be with someone, use video apps instead.

Practice frequency: Daily.

2. Nurture your relationships - Positive relationships are precious and important for our health, so be sure to nurture the connections you have.

Practice frequency: Daily or as often as possible.

3. Practice small acts of kindness - Practicing kindness can promote healthy aging and boost your mood. It'll also improve the mood of others, making it a win-win.

Practice frequency: Daily or several times a week.

4. Send notes and messages to loved ones - When you can't be someone physically, small things like positive, uplifting notes and messages can benefit your social health.

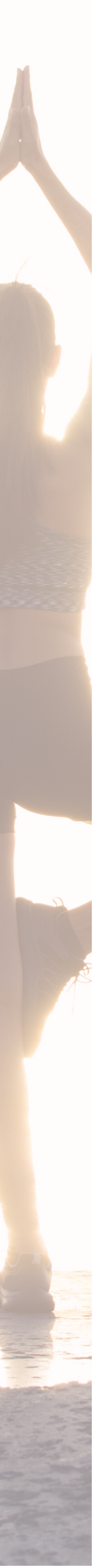
Practice frequency: Now and then, whenever it's been a while since seeing a loved one.


MENTAL AND EMOTIONAL HEALTH

What are you doing to benefit the health of your mind? Mental self-care is just as important as physical or social self-care because it influences your psychological well-being. Stress can cause mental and physical distress, leading to major health conditions. Stress can alter the way you sleep, eat, think and treat yourself. Part of your mental and emotional self-care checklist should be practices that benefit your mind and reduce stress. This isn't the same for everyone, but here are some ideas:

1. Read an inspiring book - Reading an inspiring or entertaining book allows you to hone in on something enjoyable.

Practice frequency: Daily or several times a week.





2. **Limit time on social media** - Social media can help you to connect with others, but too much of it negatively impacts your mental and emotional health.

Practice frequency: Limit time on social media and keep it positive.

3. **Use technology wisely** - Technology can be beneficial for a number of reasons, from working at home to communicating with people far away and gathering information on important topics. But it's certainly possible to rely too much on technology, allowing it to take away from physical interactions and hobbies.

Practice frequency: Balance your time with technology, allowing for technology-free time several hours a day.

4. **Spend time outdoors** - Take advantage of the many health benefits of going outdoors and getting fresh air. It boosts mood, eases anxiety and reduces stress.

Practice frequency: Spend at least two hours per week outdoors.

5. **Find an emotional outlet** - What boosts your mood and mental health? Whether it's painting, gardening, sewing or cooking, spend time doing what brings you joy.

Practice frequency: Daily or several times per week.

SPIRITUAL HEALTH

Spiritual health is the aspect of our well-being that organizes the values, relationships, meaning and purpose of our lives. There is a strong relationship between physical and spiritual well-being, which is why it's important to engage in activities or practices that foster your spirituality.

1. **Take time for healing prayer or meditation** - Prayer and meditation can be very powerful, positively impacting your hormones, neurotransmitters, gut health, immunity and digestion.

Practice frequency: Daily (for at least 5-10 minutes), ideally at the same time each day.

2. **Practice visualization** - Practicing visualization, especially as you pray or meditate, will promote goal-setting, keep you on the right track and improve motivation. There are many guided visualizations online to listen to.

Practice frequency: Daily for at least 15 minutes.

3. **Read spiritually-uplifting books** - Reading spiritual, inspirational books will improve your sense of morality and gratitude.

Practice frequency: Daily or several times per week.



ENVIRONMENTAL HEALTH

Environmental conditions play a significant role in human health and well-being. When creating a basic daily self-care checklist, including activities that will improve your environment and how you interact with it is key. Here are some easy steps you can take to boost your environmental health:

1. **Spend time earthing** - Earthing or grounding, involves walking barefoot outside, with the soles of your feet connecting directly with the surface of the earth. It helps to reduce stress, improve sleep and boost energy.

Practice frequency: Once a week, or more.

2. **Declutter your home** - Declutter your home to improve focus, ease anxiety and increase positive energy.

Practice frequency: A little every week.

3. **Use toxic-free cleansers** - Instead of using conventional, toxic chemicals to disinfect your home and body, stick to natural cleansers that won't cause adverse side effects.

Practice frequency: Daily or when needed.

4. **Reduce your carbon footprint** - Eat local produce, conserve water, reuse and recycle, and bike or walk instead of driving when possible.

Practice frequency: Make small changes daily.

5. **Take out the trash** - Avoid leaving trash inside your home or in your garage overnight. This can attract insects and rodents which can carry diseases and infections around the house.

Practice frequency: Daily or when needed.

6. **Turn off the lights** - This will help you save energy which helps the environment and in turn, helps you. If you or others in your household are forgetful, install movement sensors so lights only activate when needed.

Practice frequency: When needed.

