

Ideas for **Self-Care** and Why it's Vital

Self-Care is your **right** and **responsibility** as a human. Daily routines of self-care nourish body, mind, and soul... fostering self-acceptance and self-love. Self-Care helps prevent self-defeating behaviors. Once we accept ourselves and nurture ourselves with self-care, we are empowered to live our life as we choose. We can then fulfill our purpose and be a blessing to those around us. **Raise Your Vibration**

When you want to eat, ask yourself why you're eating. Stress/boredom?



Situation/time? How hungry - full are you on a scale of 1-10. It's best to eat when you're at a 3-4 hunger level, and stop eating when you're at 6-7. This is a step towards honoring your body and eating intuitively. If you are not eating related to true physical hunger, replace emotional or situational eating with a Self-Care practice listed on the back. Eating healthy food is a privilege. Think of food as a nourishing partner that gives you the freedom to feel well and live out all of life's adventures.

Love Makes the World  Go Around

References:

1. Daniel Amen, Amen Clinics
2. Heather's Guardian Angels
3. Applying Functional Medicine in a Clinical Practice course, IFM, 2022.

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Ideas for self-care (expand on these as you choose):

<ul style="list-style-type: none"> ❖ Connect with positive people ❖ Art ❖ Read positive affirmations ❖ Incense ❖ Breathe deeply & slowly ❖ Read inspirational quotes ❖ Exercise ❖ Crystals ❖ Light candles ❖ Flowers ❖ Fountain ❖ Facial ❖ Meditation ❖ Acupuncture ❖ Sleep hygiene ❖ Hobbies ❖ Manicure and pedicure ❖ Garden ❖ Stretch ❖ Beach ❖ Organic fruit/veg, beans, nuts, seeds, eggs, fish, chicken, yogurt, whole grains, herbs & spices, tea (food in it's most natural, unprocessed form) 	<ul style="list-style-type: none"> ❖ Bath or Jacuzzi ❖ Sauna ❖ Puzzle ❖ Essential Oils (essentialoilwizardry.com) ❖ Music or just sing or hum ❖ Comedy ❖ List gratitudes ❖ List compliments you've received ❖ Journal commitments, dreams, visualizations ❖ List your positive qualities (turning negative self-talk into positive statements) ❖ Massage (& self-massage) ❖ Nature ❖ Animals ❖ Cold plunge/shower ❖ Infrared heating pad ❖ Pray ❖ Enjoy the sunrise and sunset ❖ Listen to soothing, motivational, or informative podcasts ❖ Dance ❖ Hug or hold hands
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Self-defeating habits that are proven to be difficult on our brains:

<ul style="list-style-type: none"> ➤ Alcohol ➤ Added sugar ➤ Obesity ➤ Smoking ➤ Fear/worry 	<ul style="list-style-type: none"> ➤ Negative thinking ➤ Polarization ➤ Screen time ➤ Anger
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