

# Self-care for Healthcare

## A Holistic Approach

### *Nourish your body – Calm your mind – Lift your spirit*

#### Self-care means

- Taking care of yourself first.
- Paying attention to your holistic nature – your physical, mental, emotional and spiritual well-being.
- Receiving integrative and physical modalities that support you in your physical body, your mental functions, your emotions, and your spiritual journey.
- Living from a perspective of wholeness health and healing
- Living in right relationship with self, others, the environment and having a spiritual connection with something greater than yourself, whatever that is for you.
- Begin or continuing a daily practice of being in quiet and finding that still place within.

#### Some suggestions to incorporate into your daily life for optimum health & well-being

##### Physical

- Adequate sleep – 7/8 hours/night
- Nourishing food – whole *real* food, mostly plants- vegetables, greens, and fruits
- Hydration - 6-8 glasses of purified water/day (provided no medical restrictions)
- Physical activity – build up to 30 minutes/day
- Regular preventative conventional/integrative health care: Physician, Naturopath, Psychotherapy, Chiropractor, Energy therapy, Massage, Acupuncture, etc.

##### Emotional/Mental

- Daily breathwork and meditation practice
- Writing/journaling
- Disconnect from electronic devices (phone, email, internet, TV)
- Ask for help when you need it
- Learn to let go; release all that no longer serves you
- Find and do things that make you laugh
- Love, affirm and praise yourself daily
- Schedule regular activities and make time to be with loved ones
- For every yes – let there be a “no”

##### Spiritual

- Spend time in nature – let nature nurture
- Make time for solitude and reflection
- Practice *being in the moment*
- Volunteer/contribute to causes in which you believe
- Give gratitude
- Find/have a connection to community
- Be open to inspiration