



Living Well Calhoun



10 Ways to Practice Self-Care



Self-care is a buzz word we've heard a lot recently, and it can often be used to refer to self-indulgence or selfishness, but the reality is, practicing self-care is crucial to one's overall well-being. Self-care isn't a selfish pursuit but the deliberate and intentional process of tending to one's mind, body, and spirit.

The problem with a lack of self-care is that you can't pour out what isn't being poured into you. If you're not taking care of your own mental, physical, and spiritual well-being, it won't be long before you become ineffective at caring for others.

Here are some practical ways to practice self-care in your daily life, finding time and energy to make sure you're living well in order to better care for others.

Learn to ask for and accept help.

Setting yourself up to succeed in life is often the goal of self-care, and to do so, you might need to admit that you can't "do it all" on your own. And sometimes, it might even mean accepting "good enough" instead of pushing for an elusive perfection. Allowing others to help us isn't a sign of weakness or inability. It's the sign that we've matured to the point of understanding that we weren't created to do life alone. Asking for help when we need it and letting others help us is a good self-care practice.

Develop a regular sleep routine.

When we're busy caring for others, one of the first things to be sacrificed is often our sleep, especially if we have kids. Developing a regular sleep routine (that includes at least 7-8 hours a night on average) is important not only for physical health but mental health as well. Life generally doesn't allow us to get a perfect night of sleep multiple nights in a row, but setting ourselves up for success with a regular nighttime routine and attempts to sleep and wake at the same time each day is a good way to practice self-care.

Eat a healthy diet.

Busy women tend to have a grab-and-go diet, and many skip meals thinking they are saving calories. But the reality is that eating healthy, fresh food regularly throughout the day is necessary for your body to function the way it was intended. Your body needs nutritional energy throughout the day, so being prepared with small snacks and regular meals is critical to taking care of your body. Practicing self-care includes taking care of our bodies through healthy diets.

Take lunch breaks.

Unless mandated by our employers, we tend to neglect to take a lunch break when we're busy trying to fit all of the things into a single day. We think that working through the lunch hour (whether on the job, out running errands, or trying to get things done around the house) will allow us to fit more into our day. Some of us justify this by eating on the go or snacking throughout the day, but we fail to pause in our day and rest. Taking a lunch break in the middle of the day is not only fueling your body for the tasks ahead, but also allows your brain to rest. Pausing in the middle of the day for a lunch break is one way to practice self-care.

Don't overextend yourself.

Saying "yes" to every opportunity and request that comes your way will quickly lead to feeling overextended and burnt-out. If you're a natural "people pleaser," you'll especially struggle with this as you'll want to help out wherever and whenever you can. But you must remember that every "yes" you say to a request is a "no" to something else in your life. And, good self-care practices remind us that we can't say "no" to our own health and well-being if we want to be able to say "yes" to opportunities presented by others.

Self-care continued

Exercise regularly.

One of the first things often neglected when we get busy is our need for regular exercise. We make the excuse that we just don't have time to fit it into our already busy life, and too often, we don't realize our need for it until we find ourselves suffering from the lack of it. Regular fitness is not only important to keep our physical bodies strong and mobile, but it boosts our mental well-being, too. Whether you join a fitness class, meet up with friends to walk/run, or make the most of the commercial breaks during your favorite TV show, making regular exercise a priority is good self-care.

Make time for friends.

Make it a priority to regularly connect with friends who build into your life. For some this looks like a monthly-ish coffee date to catch up and encourage one another. For others this might look like grabbing lunch or going for a run together after work or on the weekends. Having people in your life who build into you and give you a chance to let down your guard is one of the best ways to practice self-care when it comes to your mental and spiritual well-being.

Learn to say no.

Setting boundaries for your time and energy (physical, mental, and emotional) is a crucial part of self-care. You only have so much time and energy to expend, and you need to be able to use them where they'll make the most difference. Have clearly defined boundaries for when you need to say no to requests, events, people, and tasks in order to protect yourself from being overdrawn. Practice good self-care by learning to say no through setting up boundaries.

Practice prevention.

Many of the above ways to practice self-care could fall under the all-encompassing umbrella of practicing prevention. The reason that they are all important to self-care is that they all help to prevent you from "falling apart." When you fail to take care of yourself, you run your body down, making it susceptible to illness and injury. Preventative self-care helps you to keep your mind, body, and spirit in optimal health, keeping injury and illness at bay. Scheduling an appointment with your physical therapist can help to prevent injury before it happens.

Don't put it off.

When you do find yourself run down, ill, or injured, don't put it off. Don't let the busyness of life get in the way of taking care of yourself. Make an appointment with a counselor to talk about the heavy things in life, see the doctor to address the sickness you're facing, or schedule a consultation with your physical therapist to start your injury recovery process. Taking care of yourself as soon as you are feeling less than your best is good self-care and will lessen the time you spend trying to get back to your normal self.

Source: Orthopaedic Rehab Specialists, P.C. www.orsmi.com

Self-Care Challenge

Make a to-do list. Lists help keep your mind organized. There's also something quite satisfying when you can cross things off!

Keep and maintain a planner. Whether you prefer using your smartphone or a traditional planner, keeping an up-to-date daily schedule will help you block out the time you need to complete your to-dos.

Break up big tasks. Dividing projects into smaller parts can keep you organized while helping you decide which steps to tackle first.

Prioritize your tasks. Determine which assignments are the most critical, and which ones can wait for the time being.

Keep a clean work space. A disorganized area creates unnecessary chaos and causes distraction.

Stop over-checking your emails. Resist the temptation to stop what you're working on each time you receive a new message.

Delegate. Find ways to divide tasks among others – when appropriate.

Calm down. Being upset can affect your thoughts, feelings, body language - and those around you.

Step back to reflect. Clearing your thoughts will help your mind reset before tackling the tasks at hand.

Take time for recovery. Don't let work consume other parts of your life.

Look toward the future. Set some goals you want to achieve. They'll help you stay inspired throughout the day.

Work with others. Partnering with other people – when possible – can provide meaning and reasons to stay energized.

Don't expect perfection. To keep a positive attitude, it's better to have realistic expectations.

Don't forget why you're here. Remind yourself what you're working for – financial independence, personal growth, your family. It will help keep your mind in the right place on the job.

Find something you're passionate about. Doing something you like at work gives you the boost you need to maintain a positive focus.

Listen to someone else's experiences. Hearing another person's story can help you gain perspective.

Help those around you find motivation. Assisting others in discovering their passion may help bring encouragement to you, too.

Avoid repeating past problems. Don't let past issues – such as lack of energy to complete a task – rear their ugly heads.

Compliment those around you. Brightening someone else's day just might brighten yours.

Be bold. Take a shot at something new.

Communicate when you're troubled. Let another person know when you're upset about something rather than taking no action.

Walk away if you're angry. Take time to regroup from a conflict.

Find private time to discuss conflict. Don't try to resolve an issue in a public place or a setting where others can overhear your conversation.

Remember – different people have different personalities. Not everyone has the same agenda or priorities as you. Learn how to work with them.

Get enough sleep ... Studies suggest problems getting to sleep during the night can have a direct impact on depression. Aim for a solid seven to nine hours.

But don't sleep too much. Research shows too much sleep may lead to issues with daily functioning.

Establish a sleep schedule. Go to bed at the same time every night, and wake up at the same time every morning. This includes weekends.

Get enough exercise. Research suggests physical activity increases self-esteem and decreases stress.

Make healthy choices on your lunch break. Bad eating habits can negatively affect your stress levels.

Watch your coffee intake. Too much can make you feel anxious or jumpy in the morning while you're working.

Meditate. According to The University of Michigan Depression Center, research shows meditation can play a key factor in reducing stress.

Achieve at least 20 of these self-care tips and you will earn a point on your ticket to wellness. Keep track on the next page calendar.

June 2020

Self-Care Challenge

Complete at least 20 and get a point on your Ticket to Wellness.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Healthy Recipe

Good for a fit ticket point with submission of recipe

Submitted by Charles Walsh

Baked Orange Chicken and Brown Rice

Ingredients:

3 tablespoons extra-virgin olive oil
1 medium onion, chopped
1 3/4 cups low-sodium chicken broth
1 cup brown basmati rice
Zest and juice of 2 navel oranges
Kosher salt
Four 6-ounce boneless, skinless chicken thighs
Freshly ground black pepper
2 tablespoons chopped fresh mint
2 tablespoons toasted pine nuts

Directions:

Preheat the oven to 375 degrees F.

Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat.

Add the onions and cook, stirring, until just beginning to brown and soft, about 5 minutes.

Add the onions, chicken broth, rice, 1/4 cup of the orange juice, 2 teaspoons of the orange zest, 1 tablespoon of oil and 3/4 teaspoon salt to a 2-quart baking dish and stir to combine.

Toss the chicken with the remaining 1 tablespoon

oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Nestle the chicken into the rice mixture.

Cover the dish with foil and transfer it to the oven, being careful not to spill.

Bake for 55 minutes. Remove the foil and drizzle the chicken with 2 tablespoons of the orange juice. Continue to bake until most of the liquid has been absorbed, the chicken is fully cooked and the rice is tender, about 50 minutes more.

Drizzle the chicken with the remaining orange juice.

Sprinkle the mint, pine nuts and desired amount of remaining orange zest over the dish and serve.



“Cheers to your Health”

Smoothie Initiative 101

Send me your favorite smoothie recipe, at least one health benefit of your smoothie, along with a trick (optional) and you will get a point on your fit ticket. Your smoothie will also be featured in our **Living Well Calhoun** newsletter.

Eat healthy, stay healthy!

OnGoing

Weight Loss/Body Fat Challenge

This individual Weight Loss/Body Fat Challenge may just be what you need. If you would like to participate, simply send me your weigh-in, along with your target, when you are ready to join. In addition, we are adding a body composition to this challenge (this is optional, and if you would like to participate, you will need a body fat scale reader)

Example:

Weigh-in 185lbs – Target - 160lbs

Bodyfat 32% - Body Fat Target 25%

Weigh-in 137lbs – Target - Maintain

Just be realistic. You have until the end of November to work toward your goal. Weigh-in once a month (optional) to track your progress.

This will be based on the “honor system”. Always weigh yourself on the same scale.

Simple rules:

1. Email me your weigh-in along with your goal. You can take a picture of your weight or weigh-in with a Wellness Committee Member. In addition you can send me your body fat % along with body fat % target.
2. Send me your weight and/or body fat % once a month, any day of the month (optional)
3. Some months, TBD, will have a prize drawing for those who maintain/lose

Ask a friend, family member or co-worker to participate along with you, it helps with motivation and accountability!!!

Participate in this event, lose or maintain, and you will get a point on your Ticket to Wellness.

I'm not Dieting
I'm changing my
Lifestyle ♡