

5 Self-Care Tips for Balance

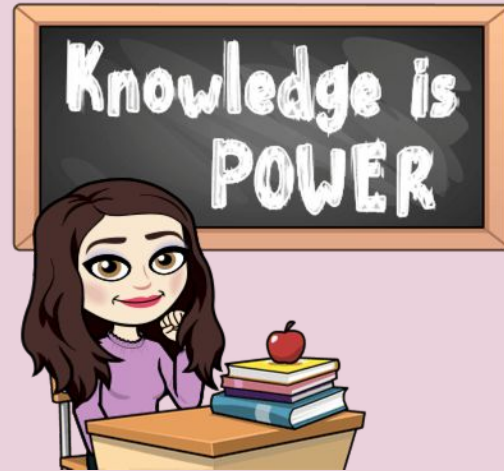


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Description and Purpose

Self-care is necessary to achieve balance among your professional and personal lives. Participants will explore:

- 1) Breathwork
- 2) Mindfulness
- 3) Nutrition
- 4) Exercise
- 5) Sleep



We will discuss strategies that participants may immediately implement into regular practice. Participants will be encouraged to keep a daily journal or log to track their progress.

#1 Breathwork

- ❖ You can regulate your breath by performing breathing exercises called BREATHWORK.
- ❖ Relax your face and shoulders.
- ❖ Inhale deeply into your belly, without moving your shoulders.
- ❖ Exhale slowly until your belly is emptied.
- ❖ Repeat the inhale-exhale exercise 5 or more times.



#2 Mindfulness

- ❖ Mindfulness is being aware of the present moment and noticing what is going on around you.
- ❖ Mindfulness is an awareness of your body and mind operating together.
- ❖ You can practice mindfulness by paying attention to your breath without letting outside thoughts dominate.



#3 Nutrition

- ❖ The food you eat must be nutritious and balanced to give you energy, including fruits, vegetables, grains, and proteins.
- ❖ Be sure your diet doesn't include too much fat or sugar.
- ❖ Drink enough water. Divide your weight (pounds) by two. Drink that amount in ounces of water. (Example: $150 \text{ lbs} \div 2 = 75 \text{ oz}$ of water)



#4 Exercise

- ❖ Move your body for at least 30 minutes every day.
- ❖ Change your exercises. Don't do the same activity every day.
- ❖ Incorporate cardio (running, walking, hiking), strength training (weight lifting), and stretching (restorative yoga).



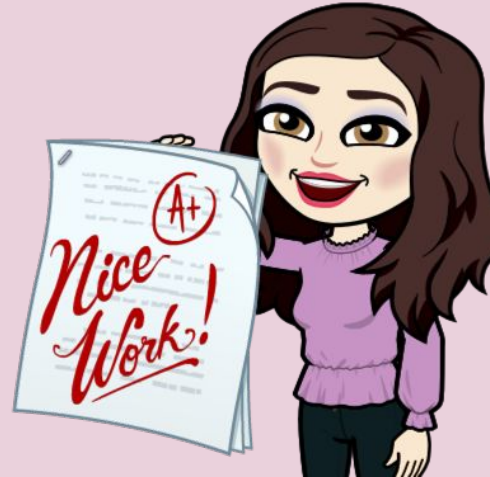
#5 Sleep

- ❖ Determine how many hours of sleep you need. Most people need around 8 hours per night.
- ❖ Go to bed at the same time every night, and get up at the same time every morning.
- ❖ Do relaxing activities before bed, such as a bath, meditation, or stretching.



Summary

- ❖ Breathwork, mindfulness, nutrition, exercise, and sleep are five ways to provide self-care. The first four strategies will improve your sleep.
- ❖ Monitor these areas of your life by tracking your progress in a journal or wellness log.
- ❖ Enroll in STDY 100 for more practice!
- ❖ Email me with questions:
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Resources

- ❖ [Calm](#)
- ❖ [Mindful](#)
- ❖ [Yoga Journal](#)
- ❖ [Mind Body Green](#)
- ❖ [MyPlate](#)
- ❖ [Wellness Log](#)

