



Welcome!

During this busy holiday season and towards the idea of a New Year's resolution, we wanted to give a little thought to how we can fill our cup before we pour it into others.



Self-Care:
What it
Really Is

The word “self-care” has been floating around more recently, trending especially during the lockdowns and isolation periods of the pandemic.

As of late 2022, this has created a \$13 billion dollar industry. This is creating pressure in believing that all acts of self-care must be Instagram- or Facebook-worthy, as compared to being self-rewarding, rejuvenating and joyful. The definition of “self-care” means different things to different people.

How do you define

Self-Care?



When “How do you define self-care?” was asked during the training sessions, these are the various responses:

* Time for self

* Nutrition

* Exercise

* Sleep

* Journaling about issues and feelings

* Giving - volunteering

* Family time

* Swim a mile every day

* Away from email, social media

* Art



Did you ever think self-care could be some of these things? In some cases, things we might already be doing?

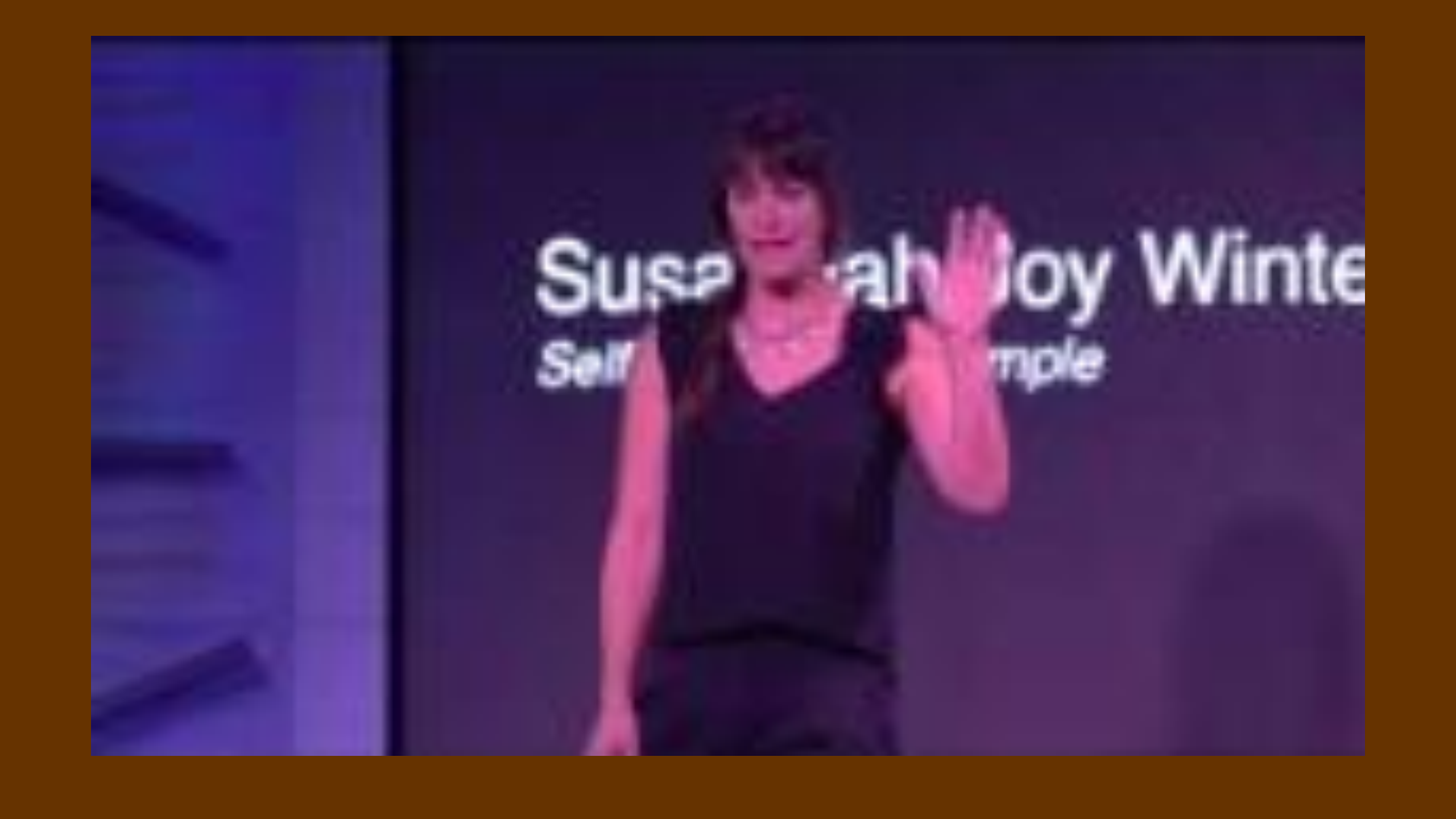
Self-Care:
What it Really Is

A TedTalk by Susannah Winters



In the TedTalk by Susannah Winters, she speaks of “true” self-care and names four essential components based on her real-life experiences.

A bit of background on Susannah Winters: A former member of the USA National Kayak Team and 2x Olympic trials competitor, Susannah Winters is a mom, wife, doula, and essential oil advocate, with 10 years’ experience working for Lululemon Athletica in management, leadership development and community outreach.

A woman with dark hair, wearing a black sleeveless top and a necklace, stands on a stage. She has her right hand raised in a gesture. The background is a solid blue color with white text. To the left of the woman, there is a vertical panel with a grid of rectangular shapes.

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Four Essentials of Self-Care, by Susannah Winters

Nutritious eating -

Whole, organic, plant-based, balanced, less processed foods

Stillness and silence -

Spare even just 5 minutes daily of quiet time

Movement -

10 minutes of some body movement to get your heart rate up and energy flowing

Time in Nature -

The natural environment boosts the immune system

Self-care is not selfish. You must fill your own cup before you can pour into others.



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Self-care is important to maintaining a healthy relationship with ourselves. It means doing things to take care of our mind, body, and soul. Doing so enhances the ability to live fully, vibrantly, and effectively. The practice of self-care, meaning doing these things with consistency, reminds us and others that our needs are valid and a priority.

With that, say out loud to yourself “self-care is not selfish”.

Examples of self-care:

- Clean
- Cook or bake
- Cross something off your to-do list
- Exercise
- Get a massage
- Go for a walk
- Listen to music or a podcast
- Make art
- Meditation
- Mindfulness exercises
- Play a game
- Practice deep breathing
- Read
- Take a bath
- Take a (timed) nap
- Watch TV or a movie
- Yoga

(From: <https://www.activeminds.org/about-mental-health/self-care/>)

Ideally, we all engage in regular self-care in which we do the things that make us feel taken care of mentally, physically, and emotionally. But this doesn't always happen, and we may need to stop and take the time to remind ourselves we are important, too.

Think about this and what you do for yourself. This is probably even more important right now with the holiday season upon us. Remember, only 5 minutes a day of stillness and silence, 10 minutes of movement AND make it out in nature, is all it takes to start reaping the benefits of self-care.

Check back in and let us know what you've found to do as sustainable in creating your self-care practice.

Thank you!



Thank you for
joining us!
