

**Self Care**

**The Importance of managing stress for overall well-being**

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**Self-care is the intentional actions we take to nurture and nourish ourselves physically, mentally, and emotionally.**

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**It is about recognizing our needs and making a conscious effort to meet them in order to maintain a healthy balanced life**



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**Stress-Related Diseases**

- depression
- diabetes
- hair loss
- heart disease
- hyperthyroidism
- obesity
- obsessive-compulsive or anxiety disorder
- sexual dysfunction
- tooth and gum disease
- ulcers
- cancer (possibly)

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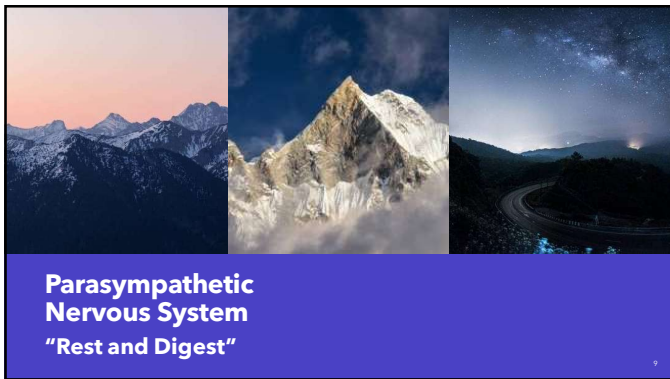
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**What are ways you can "de-stress"?**

- Do yoga
- Go for a walk
- Go hiking
- Read a book
- Listen to music
- Take a bubble bath
- Get a massage
- Put on comfy clothes
- Disconnect from phone/email/social media
- Take breaks to recharge your energy
- Learn to say no to excessive demands
- Set boundaries to protect your time and energy
- Schedule self-care activities into your routine and make them a priority
- Call a friend
- Prepare for the day the night before
- Write in your journal
- Eat a balanced diet and get proper hydration
- Get sufficient sleep
- Take time for activities that bring joy and relaxation
- Leave for an appointment early
- Engage in hobbies
- Get out in nature
- Meditation

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**What are the benefits of practicing self-care?**

- Improved Physical Health: Enhanced energy, reduced risk of burnout, and better immunity.
- Enhanced Mental Clarity: Improved focus, memory, and decision making.
- Emotional Resilience: Better coping skills and increased emotional intelligence.
- Reduced Stress and Anxiety: A calmer and more balanced state of mind.
- Strengthened Relationships: Improved communication and empathy towards others.

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**What are the barriers for self-care?**

- Guilt: Many people feel guilty about taking time for themselves when there are so many responsibilities and demands on their plates
- Time Constraints: With our busy schedules, it may seem challenging to find time for self-care
- Misconceptions: Some view self-care as selfish or as a luxury or unnecessary indulgence.
- Prioritization: We often prioritize the needs of others above our own, neglecting our well-being in the process.

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**Practice self-care like your life depends on it, because in many ways, it does.**

Activities such as Meditation, Yoga Nidra and Sound Baths have been shown to take the body into the helpful, healing Theta brain wave state.



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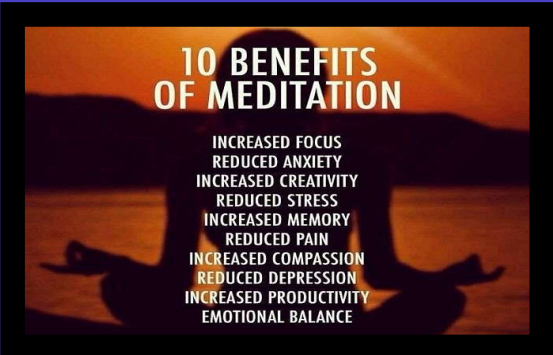
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**10 BENEFITS OF MEDITATION**

- INCREASED FOCUS
- REDUCED ANXIETY
- INCREASED CREATIVITY
- REDUCED STRESS
- INCREASED MEMORY
- REDUCED PAIN
- INCREASED COMPASSION
- REDUCED DEPRESSION
- INCREASED PRODUCTIVITY
- EMOTIONAL BALANCE



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**Guided Meditation and Sound Bath**



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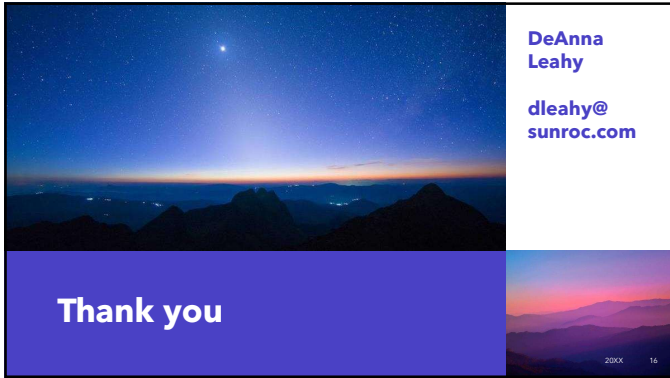
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