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## NUTRITION

### SELF CARE

The importance of self-care, and how to practice it

# SELF CARE

- When asked IF you take care of yourself, most of you will say yes without even thinking about it
- When asked HOW you take care of yourself, it is probably a lot more difficult to think of an answer

## WHAT IS SELF CARE?

- The basic principle of self care is that YOU have to care for YOU
- Self care is anything you do to feel good and be good to yourself
- This sounds simple, but it is often overlooked
- The most important thing to remember about self care is that it IS NOT selfish. Self care is necessary to take of yourself

## WHY IS SELF CARE SO IMPORTANT?

- 🍊 Taking care of life should not get in the way of taking care of yourself
- 🍊 Self care is an important aspect of stress management
- 🍊 We are best able to handle what life throws our way when we are feeling our best
- 🍊 Taking care of ourselves can lead to the relaxation response, which is a physical state of deep relaxation that can help any health problem caused by stress

## WHY IS SELF CARE SO IMPORTANT?

- Taking care of yourself helps you take better care of the people you love
- If you get burnt out from taking care of others, you won't be able to take care of yourself
- It's important to take some time alone and put yourself first

## PUTTING YOURSELF FIRST!

- Life is busy. Our lives tend to revolve around giving to other people, which causes us to give less to ourselves. It is important to make ourselves a priority as well!

## IT'S OKAY! LET YOURSELF DO SOMETHING FOR YOU

1. You will get it all done! Stop thinking that there isn't enough time
2. A little selfishness leads to greater selflessness
3. Don't belittle the importance of your physical and mental health

## DON'T NEGLECT SELF CARE

- Know your worth
- Maintain a healthy work-life balance
- Work on stress management
- STOP existing, START living
- Work on bettering your physical health

## WAYS TO PRACTICE SELF CARE

- ☀️ Go for a run
- ☀️ Meditate for five minutes
- ☀️ Avoid emotional eating
- ☀️ Make sure to eat well and balanced
- ☀️ Stop overthinking
- ☀️ Do something that you enjoy, every single day
- ☀️ Know who you are and what your limits are
- ☀️ Feed your spiritual self
- ☀️ Choose who you spend time with
- ☀️ Laugh!
- ☀️ Create a NO list- things you don't like to do or don't want to do anymore
- ☀️ Spend time with the people you love
- ☀️ Get a manicure
- ☀️ Decompress throughout your day, not just at the end of the day- get up from your desk, get some fresh air or a cup of coffee

**THE MOST IMPORTANT  
THING TO REMEMBER**

**DON'T PUT SELF CARE OFF – START NOW!**