



HOLIDAY SELF CARE

Presented by Dr. Adelena Izold ND



SELF CARE



★ Physical

★ Mental

★ Social

★ Professional

★ Spiritual

PHYSICAL SELF CARE

Movement of the body, health, nutrition, sleep and resting needs. Some examples of physical self-care:

Going for a walk

Taking a bath

Getting enough sleep (7-9 hours per night)

Eating nourishing foods



MENTAL SELF-CARE

Learning new things, practicing mindfulness and creativity. Some examples of psychological self-care:

Practicing mindfulness

Reading a book

Learning a new skill

Doing a digital detox



SOCIAL SELF-CARE



Having a supportive group and network of relationships around you that you can trust and turn to. Some examples of social self-care:

- Honoring your commitments to other people
- Asking for help when you need it
- Meeting new people
- Spending time with family and friends



PROFESSIONAL SELF-CARE

Sharing your strengths and gifts, having clear professional boundaries and living your purpose. Some examples of professional self-care:

Eating a nourishing lunch each day at work

Negotiating your needs

Having clear professional boundaries

Attending professional developing opportunities



SPIRITUAL SELF-CARE

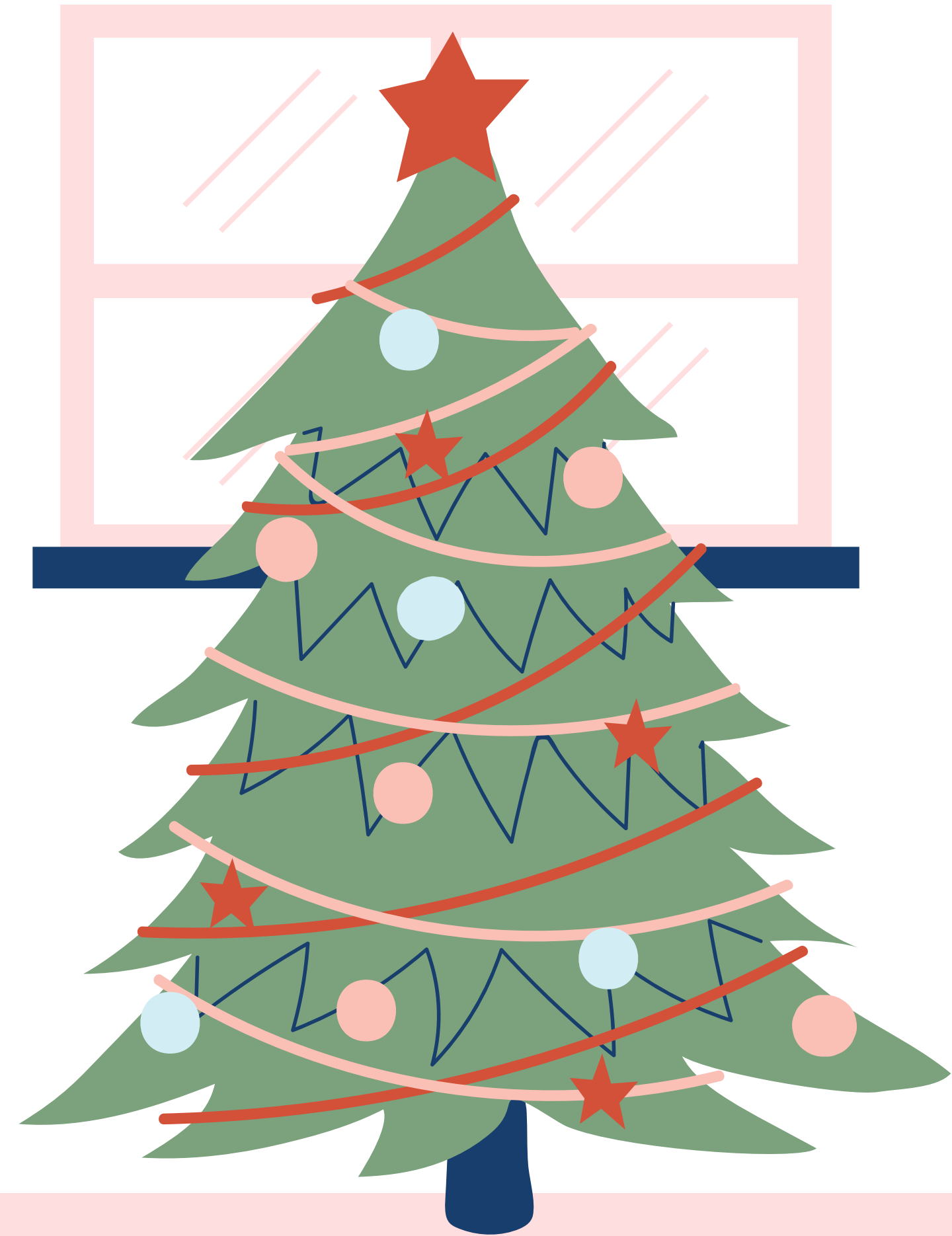
Having beliefs and values that are important to you and guide your life. Some examples of spiritual self-care:

Meditating

Reflecting in a journal

Going on a retreat

Walking in nature



WHAT ARE THE BENEFITS OF SELF CARE?



**BETTER
PRODUCTIVITY**

**ENHANCED SELF
ESTEEM**

**IMPROVED
RESISTANCE TO
DISEASE**

**INCREASED
SELF
KNOWLEDGE**

**BETTER
PHYSICAL
HEALTH**

MORE TO GIVE



IMPLEMENT DURING THIS TIME

Okay so now that we know the basics of self care, how can we apply them during this holiday period???

EXAMPLES & OPTIONS

Set a routine for yourself

Plan an outing for yourself!

Try to move your body daily

Create new traditions

Have healthy options available

Manage your time away from
work

Take time for yourself

Be generous

Take your supplements

Take a break from technology

Try something new when it
comes to stress management

Reconnect with nature



DON'T FORGET

Self-care is giving the world the **BEST** you, instead of giving the world the **REST** of you.



THANKS FOR JOINING!

We hope you learned something new about holiday self-care.

