

MY SELF-CARE IS ALL ABOUT THE **PHYSICAL**



Physical activity is where it's at for me!

WRITTEN BY REBECCA FULLER

Every chance you get you're thinking about when you next workout will be, as you can't wait for that feel good feeling your workout provides. You may love Peloton, while others love to walk in nature. Some love yoga while others play team sports. It's a personal journey, and you know what you love and make physical activity a priority in your life. You can't imagine, nor do you want to think about what life would be like without your workout! You love your body and care for it.

Self-care has many faces.

To become our best self we need to consider what it really takes to achieve balance. If we spend time in all 4 areas, the physical, emotional, mental and spiritual, we are more apt to achieve life balance.

Think about how our emotions can take over if we don't keep our mind in check for example, and let "our stories" take over the present.

What happens to our body if we don't exercise it over time?

Consider that if we have a connection to a higher power (whatever that is for you) as we tend to feel more supported in life overall. Every area brings something worthwhile to our lives.

What about the emotional, mental and spiritual activities for self-care?

MAYBE IT'S TIME TO ADD SOMETHING NEW TO YOUR ROUTINE, HERE ARE SOME IDEAS

What can you do to bring more self-care in different areas into your life? Consider the following and give one a try!

EMOTIONAL Self-care ideas:

- Learn some breathing techniques, like belly breathing, to calm you.
- Wear bright colours to lift your mood, and those around you.
- Journal and "empty your container", it's better than carrying it around!



MIND Self-care ideas:

- Become aware of your negative self talk, and change it to a positive statement instead, even if you don't believe it yet.
- Stimulate your brain with a good book or crossword puzzle.
- Think about something you love, close your eyes and visualize yourself there now.

SPIRITUAL Self-care ideas:

- Try a guided meditation online.
- When you awake and when you go to bed, think of 3 things your grateful for.
- Learn about the Chakras and how they relate to physical health.

There is such wisdom in the Nike slogan "JUST DO IT". You know exactly what I'm talking about if you love physical activity. If you don't, then "JUST DO IT"!

