



TRINITY  
school of natural health



Whole-Person

# Self-Care Practices

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## Why Self-Care?

Do you find yourself getting worn out easily and feel like rest is beyond your grasp? In a hurried world where speed and task-orientation come before personal wellness, it is far too common to experience burnout and stress. Unfortunately, many people consider self-care to be a luxury rather than a priority, and it often gets lost in the hassle of everyday life.

However, self-care is incredibly important for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your whole self, you'll be better equipped to live fully and healthy.<sup>1</sup>

### 5 TYPES OF SELF-CARE PRACTICES FOR YOUR DAILY LIFE

When was the last time you prioritized your body, mind, and spirit? Not only does having an effective self-care routine give you the opportunity for a break from your busy schedule, but it has also been shown to have several important health benefits. Some of these include:<sup>2</sup>

- **Reducing anxiety and depression**
- **Lowering stress and improving resilience**
- **Improving happiness**
- **Increasing energy**
- **Reducing feelings of burnout**
- **Stronger interpersonal relationships**

Finding balance in your wellness journey doesn't have to be complicated. Here are five categories of self-care practices for you to incorporate into your daily routine:

## PHYSICAL SELF-CARE

Physical self-care includes anything that keeps your body feeling rested, energized, and clean. This includes things like eating healthy meals, getting enough sleep, maintaining proper hygiene, and exercising regularly. Another part of physical self-care is simply making sure that you take care of your body when you get sick or take any prescribed medicine.<sup>3</sup>

### Here are some simple practices for taking care of your body:

- Take **natural vitamin supplements** with your breakfast
- Aim to drink about 8 glasses of water every day<sup>4</sup>
- Go for a brief walk outside every few hours
- Include organic fruits or vegetables in each meal
- Go to bed 1 hour earlier than usual

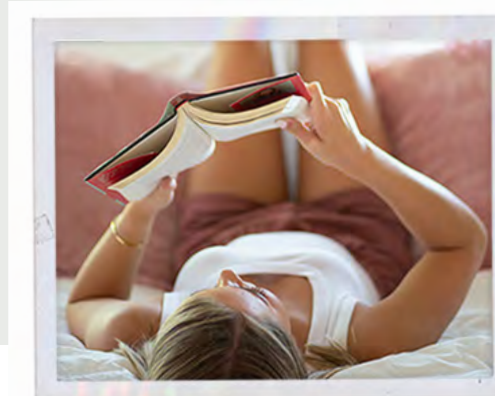


## MENTAL SELF-CARE

The health of your mind greatly influences the rest of your body's well-being. Mental self-care includes doing things that keep your mind sharp, inspired, and motivated.<sup>5</sup> When you give your mind time to rest, you can improve your problem-solving skills and creativity.<sup>6</sup>

### Here are some simple practices for taking care of your mind:

- Do 15 minutes of yoga before work
- Turn off your phone 1 hour before bed<sup>7</sup>
- Work on a puzzle or a problem-solving game
- Read a book to learn about something new
- Watch a how-to video on something you've never tried
- Take time to journal at the end of the day



## SOCIAL SELF-CARE

When was the last time you had a cup of coffee with a friend? While it can look different for each of your relationships depending on your own social needs, building time into your schedule to spend with others is important for your overall wellness.

### Here are some simple practices for taking care of your social life:

- Set aside 1 hour each evening to spend with your friends, family, roommates, significant other, or your pet
- Call a friend once a week
- Send a complimentary text to a friend or family member
- Give someone a hug
- Go to a wellness or fitness class



## EMOTIONAL SELF-CARE

It's important to be able to manage your feelings and effectively cope when stressors seem to take over your life.<sup>8</sup> Things like meditation, deep breathing, and relaxation techniques can help build and strengthen a harmonious connection between mind and body.<sup>9</sup>

### Here are some simple practices for taking care of your emotions:

- Make a gratitude list
- Take a warm shower
- Diffuse essential oils
- Play with your pets
- Watch a funny video
- Seek a professional or support group for added help



## SPIRITUAL SELF-CARE

It can be easy to be wrapped up in the busy here and now but taking a step back and viewing life as a greater journey can help you find more peace in your daily activities. Spiritual self-care involves an appreciation for the depth of life and the natural forces that exist in the universe.<sup>10</sup> This is not limited to religion but is instead a way of developing a deeper sense of meaning and purpose.

### Here are some simple practices for taking care of your spirit:

- Meditate for 20 minutes per day
- Take a walk in nature
- Unplug for 1 hour per day
- Clear your space
- Practice forgiveness
- Connect with your community





## Conclusion **Whole-Person Self-Care Practices**

Designing a holistic self-care plan can be an exciting and creative endeavor, and your whole self can reap the benefits. When the stressors at work or home begin to creep in, you can arm yourself with best practices for prioritizing each area of your life. Taking care of yourself mentally, physically, emotionally, socially, and spiritually can help you be best equipped to handle life's inevitable challenges. At Trinity School of Natural Health, we teach you how to maximize your natural wellness, adopt a healthier lifestyle, and equip others to be healthy too. Enroll in our Certified Natural Health Professional program today by calling 800-428-0408, option 2, or visit our website to learn more at [trinityschool.org/program/cnhp](https://trinityschool.org/program/cnhp).

## References

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