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Live. Life. Well.

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SELF-CARE

How to Develop a Personalized Self-Care Plan

Self-care is personal. It involves all the big and little things you do to support your health and wellbeing, and it looks different for everyone. How you practice self-care depends on your individual needs, preferences, and resources. In order to develop a personalized self-care plan, spend some time getting to know yourself on a deeper level. Here are some questions that can help you develop a personalized self-care plan of your own:

How do you want to feel?

Self-care is about making deliberate, positive lifestyle choices that address your specific needs. One easy way to better understand what you need is to answer this question: How do you want to feel?

- Energetic
- Focused
- Organized
- Calm
- Strong
- Positive
- Peaceful
- Confident
- Something else?



What makes you feel that way?

Because self-care is personal, you may need to do some experimenting with different forms of self-care to see which ones are most effective at producing the outcomes you are aiming for. Once you know how you want to feel, you can carefully select self-care strategies that produce that outcome. To choose self-care practices that align with your needs, ask this question: What makes you feel that way?

What can you do right now?

Next, assess which of the self-care activities you identified are realistic for you right now. Which strategies could you implement immediately? Which ones are a good match for your skills and resources?

As you move forward and expand your self-care practice, repeat these steps. Over time, you will have a personalized list of strategies that you can turn to when you need support.



Healthy Hours: A Better Alternative to Happy Hours

Are happy hours interfering with your health goals? Alcoholic beverages are common at gatherings and events, but there are many reasons to consider opting for non-alcoholic options.



Non-alcoholic Options

Drinking alcohol beyond moderation, which is defined as up to one drink per day for women and up to two drinks per day for men, can have some serious health consequences if it becomes a pattern. In addition to increased risks of liver disease, excessive alcohol consumption can also strain relationships and lead to other risky behaviors. Alcohol is also a source of empty calories, so if weight loss is one of your health goals, it may be interfering with your progress.

If you are thinking of trading in your cocktails for something healthier, consider this alternative: Mocktails. These glammed up, non-alcoholic beverages generally begin with a base of flat or sparkling water, plus a combination of some of these popular ingredients:

- Fruit: Citrus, berries, peaches, kiwi, apples, watermelon, and juices
- Vegetables: Cucumbers, tomatoes, jalapenos, and celery
- Fresh Herbs & Spices: Spearmint, ginger, sage, and rosemary



Mocktails are a great way to be festive without sacrificing your health. Make it a point to offer at least one non-alcoholic option at gatherings. You never know if one of your guests might be dealing with a health concern.



Telltale Signs You Need More Self-Care

Everyone needs self-care, but to get the most out of your self-care practice, you must be able to recognize when you need it. It can take time to develop an effective practice that keeps you functioning at your best, but the more you invest in caring for your wellbeing, the more health benefits you will enjoy.

Here are some telltale signs that you may need more self-care:



Disorganization

Do you have trouble finding what you need when you need it? Are you chronically late to appointments? Being disorganized may be a sign that you need more self-care.

Exhaustion

If you are not sleeping well, or get less than seven hours of sleep each day on a regular basis, you may need to examine your self-care practices. Running on fumes is not sustainable. Not giving your body sufficient time to recover from the demands you place on it could result in an unexpected illness that forces you to take time off.

Overwhelm

Feeling overwhelmed every now and then is normal, but if you feel that way on a regular basis, it may be a red flag that you are not managing stress well. Overwhelm reduces your creativity and productivity, which can take a toll on your health.

Anger

Do you have a short fuse? If you struggle to manage your emotions, or erupt frequently when facing stressful situations, it might mean that you need some self-care. Stress that has not been well-managed can damage relationships and lead to chronic health conditions.



Self-care helps you recharge so you can manage all the pieces of your life more effectively. Learning how to recognize the signs that you need to recharge is part of the process of developing a solid self-care practice.

Practicing Self-Care Is Important: 10 Easy Habits To Get You Started

You are at work. There is an important meeting that you have to prepare for, a social media campaign that you have to spearhead, loads of paperwork, and your calendar is jam-packed with tasks and events. How do you make room for all these things? You overwork, cancel your yoga session, cut back on socializing, and even skip a few meals.

To keep up with this roadrunner form of living, we rarely think twice before putting self-care on the back burner. More often than not, it takes a wake-up call to notice the toll this kind of lifestyle takes on our lives.

No matter how indulgent or fancy the term may sound, self-care is crucial for our physical, emotional and mental well-being. You shouldn't neglect self-care and here's why:

- **Know your worth:** Self-care is important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Also, self-care is necessary to remind yourself and others that you and your needs are important too.
- **A healthy work-life balance:** Contrary to common belief, workaholism is not a virtue. Overwork, and the accompanying stress and exhaustion can make you less productive, disorganized and emotionally depleted. It can also lead to all sorts of health problems, from anxiety and depression to insomnia and heart diseases. Professional self-care habits like taking intermittent breaks (for lunch, calling your mom, or taking a stroll), setting professional boundaries, avoiding overextending, etc. ensures that you stay sharp, motivated and healthy.
- **Stress management:** While a little dose of stress is a healthy way to give us a nudge that we need to meet the deadlines or finish that overdue task, constant stress and anxiety can have an adverse effect on your mental and physical health. Smart self-care habits like eating healthy, connecting with a loved one or, practicing meditation cuts down the toxic effects of stress by improving your mood and boosting your energy and confidence levels.
- **Start living, stop existing:** Life is a precious gift. So why waste it when we have the choice to have a more meaningful existence? Yes, you have a lot of responsibilities— fixing the dryer, mowing the lawn, paying bills, etc. However it is important to remember that taking care of yourself is also your responsibility. Little things like sipping tea while looking at the raindrops racing down the window glass, enjoying a bubble bath, or reading a book are essential for your daily happiness. Things like taking up a new hobby or learning a new language can make your life more purposeful by giving you a new reason to get up in the morning.
- **Better physical health:** Self-care is not just about your mental health. It's also about caring for your physical self, by eating healthy, taking adequate sleep, caring about your hygiene, exercising regularly, etc.
- Here are ten small, simple self-care habits that anyone can get into:

Go for a run or a light jog
Take a break when you need it
Laugh heartily at least once a day
Avoid emotional eating
Learn to say 'No'

Meditate or do deep breathing for five minutes
Choose who you spend time with
Eat green daily
Start a journal
Stop overthinking

Lastly, try not to procrastinate. Start today and be regular. It won't take long before you begin to see the difference!

The Natural Wonders of Watermelon: The Perfect Summer Fruit

- **Nutrient-packed.** Two cups of watermelon contain 80 calories, vitamin A, vitamin B6, vitamin C, potassium, magnesium, thiamine, and phosphorus.
- **Natural source of protein.** One ounce of sprouted, shelled, and dried watermelon seeds delivers 10 grams of protein.
- **Powerful disease fighter.** Watermelon contains higher amounts of lycopene than any other fresh fruit or vegetables. Lycopene is an antioxidant associated with reducing risks for metabolic syndrome, cancer, cardiovascular disease, and diabetes.
- **Promotes healthy skin.** Lycopene and vitamin A, found in watermelon, supports healthy skin. Lycopene may contribute to healthy skin by protecting the skin from sunlight and UV rays. Vitamin A may help build and maintain collagen, and the high-water content helps keep skin moisturized.
- **Immune boosting.** Rich in vitamin C, watermelon can help boost immunity against viruses.
- **Enhance sports performance.** Naturally rich in carbohydrates, watermelon gives a pre-workout energy boost. Also, the potassium in watermelon can help with water balance and muscle cramps.
- **Reduce muscle soreness.** Watermelon is a natural source of L-citrulline, an amino acid associated with improved vascular function through increased L-arginine bioavailability and nitric oxide synthesis. One small study found a positive association between watermelon juice and reduced muscle soreness 24 hours after exercise.
- **Hydrating.** At 92% water content, watermelon is a delicious way to hydrate.
- **Sustainable.** 100% of watermelon is usable and compostable, making it easy to keep out of landfills and reduce carbon emissions.
- **High Value.** Watermelon delivers a powerful bang for your buck; depending on the size, one watermelon can serve one to three dozen people!

Watermelon 101: More Tips on Finding & Serving the Perfect Watermelon

How to Find the Perfect Watermelon:

- Look it over. Choose a watermelon that is firm and free of bruises and soft spots.
- Lift it. The watermelon should feel heavy for its size.
- Turn it over. There should be a creamy yellow spot on the underside of the watermelon, showing it sat on the ground and ripened in the sun.

Besides cutting and eating, how else can I serve watermelon?

A few unconventional ways to serve watermelon include:

- Pair with tomatoes, cucumbers, onions, feta, mint, and a balsamic vinaigrette for a refreshing salad.
- Dehydrate and turn fresh fruit into watermelon jerky.
- Toss watermelon seeds with a bit of olive oil, sea salt; roast, and enjoy as a tasty snack.
- Pickle, stir fry or ferment the rind.

Source: The Nutrition Planner thenutritionplanner.com

RECIPE

Non-Alcohol Festive Sangria

Total Time:
15 minutes
Servings: 4

INGREDIENTS

- 3 cups pear juice
- 2 cups sparkling water
- 2 pears
- 2 apples
- 2 oranges
- 1 pomegranate
- 3 cinnamon sticks
- 3 star anises
- 6 slices of ginger
- 1 teaspoon peppercorns



INSTRUCTIONS

1. Slice pears, apples, and oranges into 3mm slices or chunks as big as you like.
2. Remove seeds from the pomegranate.
3. Place all fruit, cinnamon sticks, star anises, ginger, peppercorns and cloves in a big bowl a jar and pour over pear juice.
4. Keep in the fridge for at least 5 hours or overnight.
5. Before serving, add cold sparkling water.

NUTRITION INFO

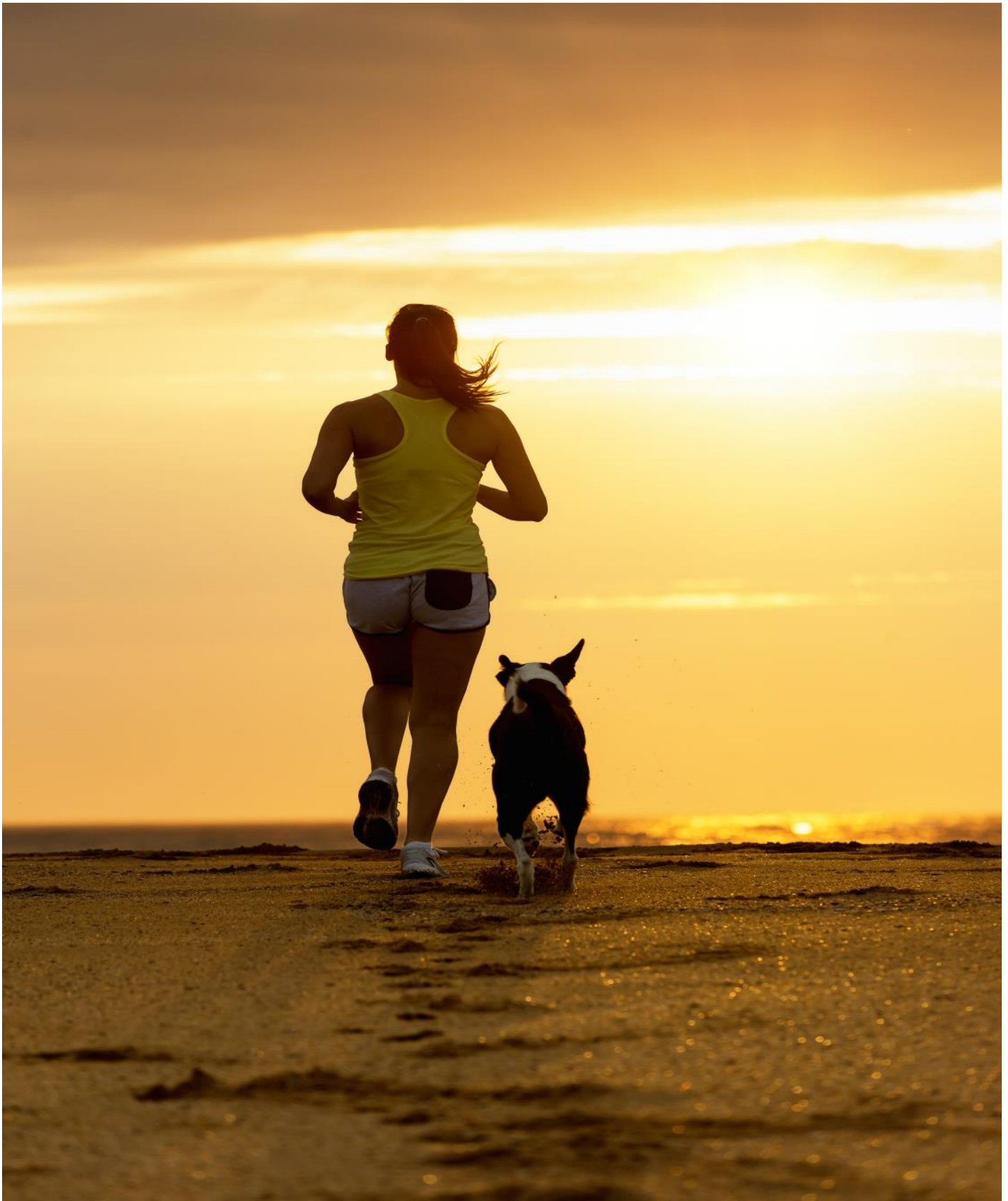
(per serving)

Calories kcal	337
Carbs g	85
Fat g	2
Protein g	5
Sodium mg	42
Sugar g	44

Source:

[Sober Festive Sangria - Use Your Noodles](#)





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