

Module Ten

Self Care



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Self Care



Are we being selfish when we take care of our own happiness? Our society often equates self-care with selfishness; nothing could be further from the truth. If we are going to “take back our lives,” we need to get over this. The truth is, we are being responsible when we put ourselves first. When we take control of our days and do what we need to do, we replenish our physical, mental and emotional well-being. That means we must choose to make time for exercise, preparing and eating healthy meals, resting and creating growth and happiness.

Self Care

Self-reflection and awareness clears and calms the mind and spirit. Deciding to do things we enjoy creates happiness. We don't have to take a trip to Europe; just taking an invigorating walk, listening to music, or spending quiet time with someone we love can create profound and lasting happiness. It all sounds too easy to be true and, for some, may even sound selfish. This is a limiting belief, because as long as you think you are being selfish, you won't do it and everyone suffers. You can't take care of anyone until you take care of yourself.

If you make your self-care a priority, you have more to give. In addition to having more to give, you set a good example for those you care about and you will soon find them following your lead.

Self Care

You have already made tremendous progress in self care while participating in this program.

By setting goals, changing some eating and activity patterns, keeping track of your thoughts, feelings and progress, you have taken a huge step in self care.

Congratulate yourself and just sit and think about all the changes you have made in your life in a few short weeks.

From here, what else can you do to make self-care a priority?



Self Care: Finding Time

Creating time in your busy schedule is one of the most important and difficult tasks in making ongoing self-care a priority.

Even in what feels like a very full schedule, it is usually possible to find some items that have a little “give”.

Over on the right are suggestions of things past clients have changed in order to find more time for consistent self-care activities during each week.

Finding time:

- Check your emails twice a day
- Check Facebook once a day
- Ignore your phone
- Give up (2) ½ hour television shows...or (1) 1 hour show.
- Delegate some of your daily tasks
- Pre-plan and go to the store twice a week instead of daily
- Eliminate “time clutter”

Self Care: Time Clutter

Time Clutter Exercise

- Using the pages provided in your **Week 10 Activity Book starting on page 2**, keep a time journal for three days.
- Write down everything you do in 15 minute increments to allow for the greatest possible accuracy.
- Don't judge or worry about how you are spending your time at the beginning – use this exercise to learn more about where your time goes!



Self Care

When your three days are up, go over your list and highlight the actions that were worthwhile.

- Circle the enjoyable and inspiring actions.
- Cross out the actions that were non-productive or self-destructive.
- Add up the time spent on the non-productive and self-destructive. This is the time you can use for self-care without having to alter your productivity in the slightest.

Now that you have found some extra time, let's explore some of the things you would like to do.

Ask yourself what feeds your soul, what makes you feel better, stronger and more energized? What helps to de-stress and relieve the overwhelm of the day?

Examples

- Read an inspirational book
- Watch a really funny movie and laugh hard
- Journal
- Go to a play
- Go to the symphony
- Saunter through the museum
- Garden
- Do a craft
- Create an artwork
- Watch a child play
- Take a class
- Lay in the sun

Focusing on Food



“

All That We Are Is The Result Of What We
Have Thought.

~Buddha

”

Weekly Food Activity

What were your Healthy Habits food goals last week? You should have identified a caloric target and one other goal.

With your goals in mind, look at last week's food log on Loselt and check the following:

- What were your daily average calories last week? Above or below your target?
 - If below your target, what can you do this week to get in more calories each day?
 - If above your target, do you want to move more next week, or eat less? Choose what works best for your schedule and lifestyle.
- How did you do with your second target for the week? Was it easy? Hard?

Use the provided worksheets on page 18 of your Week 10 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with food to navigate these challenges?

Focusing on Body



“

Life Is Like Riding A Bicycle; To Keep
Your Balance, You Must Keep Moving.

~Albert Einstein

”

Weekly Body Activity

What were your Healthy Habits Body goals last week? You should have identified a NEAT goal and a planned activity goal.

With your goals in mind, look at last week's Activity log on Loselt and check the following:

- What were your daily average NEAT last week? Above or below your target?
 - If below your target, what can you do this week to get in more NEAT each day?
 - If above your target, do you want to maintain that next week? Choose what works best for your schedule and lifestyle.
- How did you do with your planned Activity target? Do you want to stay the same or increase?

Use the provided worksheets on page 22 of your Week 10 Activity Book to set up your week.

1. What small changes are you making this week to help accommodate your goals?
2. What potential challenges do you foresee this coming week?
3. How can you use your new self-definition with Body to navigate these challenges?

Focusing on Mind



“

There is no such thing in anyone's life as an
unimportant day

~Alexander Woolcott

”

Weekly Mind Activity

Each week you should try to take daily time for meditation and visualization regarding the theme of the week. These themes are designed to help you progress and develop Healthy Habits in the areas of Food, Body, and Mind.

Most of the work you do in establishing Healthy Habits is mental – changing patterns of behavior that you're comfortable with into something that you desire.

Turn to page 29 of your Week Ten Activity Book and complete the activity.

Your weekly mind activity is a short process of visualization and/or meditation around the theme of the week.

This Week's Themed Visualization

Self Care

Use the definitions you created for yourself related to Food, Body and Mind. Take 10-15 minutes at the beginning of the week to visualize yourself as the person you have defined, in conjunction with prioritizing Self Care. How does Self Care fit into your definition of self?

Week Ten: Complete!

Make sure you finish all activities listed, and participate with your online community to get the best results!



Creating Healthy Habits,
One Week At A Time!