

SELF CARE PRINCIPLES FOR A THRIVING COMMUNITY

SLEEP

- Getting 1-2 hours less a night than 50 years ago
- Economic cost of sleep deviation in the billions, globally

BENEFITS

- increased energy
- increased concentration/focus/memory
- increased capacity to learn
- make better food choices
- improved immune function
- increased life expectancy
- decreased risk of developing chronic illness
- decreased obesity rate
- decreased stress levels
- decreased anxiety/depression
- decreased risk of accidents!

TIPS

- get outside in daylight (AM)
- dark, cool bedroom
- leave the technology out of the bedroom!
- eat earlier in the day
- avoid stressful conversations/ news late at night
- “brain dump”/journaling
- stop the caffeine early

EAT

- Ultra processed food industry, in the billions
- Health care costs, in the billions (drugs and procedures etc.)
Coincidence??

BENEFITS

- increased energy
- improved sleep
- improved immune function
- increased clarity, reduced brain fog
- decreased inflammation
- improved hormone regulation
- decreased risk of chronic conditions
- decreased headaches, dizzy spells
- decreased cravings
- improved brain health/mitigate moods
- decrease blood pressure/sugars

EAT

TIPS

- drink more water (6-8 glasses)
- protein and healthy fat at every meal
- eat earlier in the day
- shop the perimeter of the store
- sit at the table (ideally with others)
- have treats occasionally
- pay attention
- clear out the cupboards of processed food
- last meal greater than 3 hours before bed
- batch cook

PHYSICAL ACTIVITY

- Sarcopenia- age related loss of muscle mass that starts age 30

BENEFITS

- improved sleep
- improved mood, self esteem
- decreased risk of chronic illness
- decreased BP, glucose levels, CRP
- decreased obesity
- increased energy
- improved immune function
- improved circulation
- increased bone health, strength, heart

TIPS

- walking
- lift heavy things 2x week minimum
- move more during the day
- dance around the living room
- get the heart rate up for brief intervals (BDNF)

TO GET STARTED:

- 2 foot heel raises while the kettle boils
- Sit to stand from a chair 5 times in a row
- Counter top push ups
- Stair climbs
- Range of motion all limbs for 5 minutes 2-3 x
- Walk heel to toe length of hallway, forward/backwards for more challenge

SOCIAL

- Technology : Blessing vs curse.... It depends.....

BENEFITS

- decreased isolation
- decreased anxiety/depression/dementia
- improved sleep quality
- better food choices
- decreased risk developing chronic illness
- ***pain perception

TIPS

- get outside every day
- coffeeshop/library/place of worship etc.
- "walk the line"
- turn the phone off when visiting
- nurture friendships... younger/older
- join a class/learn new skill
- volunteer

OBSTACLES TO SELF CARE??

STRATEGIES

GOALS???

WHAT CAN I/WE DO NOW?

WHAT CAN I/WE DO IN FUTURE?