



# Social Distancing Self-Care

Week of 5/4/2020

## Daily Self Check-In

- How are you eating each day? Good nutrition is self-care because your relationship with food has the ability to create a better sense of balance in your life. Some tips on upping your nourishment:
  - **Get colorful:** The more color the better when it comes to nutrition. Not only does it lend itself to more diversity of immune-boosting and inflammation-fighting vitamins, minerals, antioxidants, and phytonutrients, but a 2013 study found that diets rich in fruits and vegetables were associated with daily feelings of well-being. Don't forget brown is a color, too, so go for those wonderful whole-grains for B-vitamins, fiber, antioxidants, and protein.
  - **Eat regularly:** If you go hours without eating, you're not properly fueling your system, your metabolism goes all out of whack, and things like fatigue, low energy, brain fog, and the dreaded "hangry" feeling can start to set in. When you finally do eat, it's not uncommon to ignore your satiety cues, overeat, and feel guilty or physically uncomfortable afterwards. Not to mention, your body isn't going to get the full benefit from exercise without proper nutrition before and after. Avoid skipping meals and grab a Three-Part Snack in between: something with high-quality lean protein, healthy fats, and fiber from carbohydrates to stay full and satisfied.
  - **Don't be afraid of fat:** Omega-3 fatty acids are found in fish, olive oil, avocado, and nuts. These healthy fats have been shown to reduce inflammation, lower blood pressure, improve cholesterol, and promote brain health. If that's not enough self-care for you, omega-3's are also linked to reducing depression and anxiety as well as as improvements in mood.

- **The 80/20 Mindset:** Adopting an 80/20 mindset can be a way to introduce more equilibrium into your nutrition. This mindset revolves around sticking to your nutrition-related goals and feeling totally “on it” 80% of the time while indulging mindfully during the remaining 20% of the time. The problem with having a 100% mindset is that it leaves no room for being human, which again inevitably leads to stress and guilt. Let your body have a little balance with what you eat!

## Tip of the Week

- See how many of these you can complete each day!



# Mindfulness Strategy

- Mindful Appreciation
  - The point of this exercise is to simply give thanks and appreciate the seemingly insignificant things in life. The things that support our existence but rarely get a second thought amidst our desire for bigger and better things.
  - Notice 5 things in your day that usually go unappreciated. These can be objects or people – it's up to you. Examples: The mailman that delivers your mail, electricity that powers your home, the blanket that keeps you warm, etc.
  - Things to think about:
    - Do you know how these things/processes came to exist, or how they really work?
    - Have you ever properly acknowledged how these things benefit your life and the lives of others?
    - Have you ever thought about what life might be like without these things?
    - Have you ever stopped to notice their finer, more intricate details?
    - Have you ever sat down and thought about the relationships between these things and how together they play an interconnected role in the functioning of the earth?
  - Once you have identified your 5 things, make it your duty to find out everything you can about their creation and purpose to truly appreciate the way in which they support your life.
  - Use a notepad to check off your 5 by the end of the day.

