

## Remember the Self Care Basics!

**Make the decision that you matter enough to take care of yourself.** You have special gifts to bring the world. The more whole and healthy you are, the more you can give your gifts to others.

**Daily, take good care of your body.** If your body is healthy and strong you can withstand stress much more easily

Sleep

Eat well

Drink plenty of water

Exercise (stretching, cardio, strength) in way that you enjoy!

Rest

Breathe fully

Spend time in fresh air and natural light

Play and laugh.

**Make time for meaningful connections with other people.** People with supportive communities and who are touched with love live longer, are happier, have stronger immune systems and recover from illnesses and injuries faster.

**Regularly do things that bring you home to yourself and that help you feel whole.** Doing things you love is healing medicine to body, mind, heart and soul.

**Commit to practices of relaxation.** Remember that the times you need relaxation the most, are the times you think you can't possibly find time for it. 10-20 minutes of deep relaxation can replenish your body and give you more energy for all the tasks you need to accomplish.

### **Imagination is Power: Use Yours Wisely!**

From ancient times people have realized the power of the mind in healing. Many folk remedies strongly evoke the belief that one will get well. Imagery can be a great promoter or detractor of healing.

When we speak to ourselves and to others about health, symptoms, aging, treatment etc, it is important to notice the words we use and the images that are created from these words. Words can create healing images and words can be damaging to the healing process.

### **Cultivate Healing Attitudes:**

Gratitude, kindness, love, optimism, forgiveness, courage are qualities that create healing within and around us. Practice them by spending time thinking, imagining, writing and talking about them. Cultivate them as you cultivate seeds in a garden. Notice what qualities you give attention and energy to and make a conscious choice each day to practice and cultivate these qualities that bring health, wellbeing and happiness to yourself and those around you.

WANT TO USE THIS ARTICLE IN YOUR E-ZINE, CLASS OR WEBSITE? Great! Just use the whole article and include this complete tag with it: Lea Houston, MA, transformational wellness coach and inspirational speaker, publishes the *Self Care Celebration!* e-zine twice a month. If you're ready to create a life of vibrant health, wellbeing, ease and vitality, get your free report and sign up for the e-zine at [www.SelfCareCelebration.com](http://www.SelfCareCelebration.com) Contact Lea for coaching and speaking: [lea@leahouston.com](mailto:lea@leahouston.com)