



Your Physical Body Wellness

Self-care is about purposefully giving back to yourself to enhance and maintain your own physical and emotional well-being. It can include activities to meet your basic needs or doing something special that you enjoy and makes you feel good. Our body is the physical vessel for our Divine Essence/soul/spirit and must be honored and cared for in order for us to prosper. We are what we think and what we feel about ourself and our environment.

Taking care of your body addresses some of the most basic human needs. When you start to skip meals, neglect your sleep, or pick up unhealthy habits (like smoking or eating fast foods), it can affect you in many ways. Over time, you might develop long-term lifestyle-related chronic diseases, or become more irritable and fatigued. Unmanaged stress can even lead to chronic physical and emotional exhaustion.

Maintaining your physical well-being on a daily basis has immediate and long-term benefits. You'll prevent many health issues, have a good foundation to care for yourself in other ways and be able to create your positive and fulfilling lifestyle.

Physical Self-Care Activities for Your Daily Life

Connect with friends and family, Make New Friends

Even though we all have different levels of need for connectedness to others, all humans - including introverts - are innately social and need connection to thrive! Maintaining healthy social connections with friends and family yields many emotional and psychological benefits. It's vital for combating loneliness, dealing with stress, and just having fun! These are all essential for seeing you through difficult times and also staying in touch with the light-hearted parts of your life.

- Call a close friend: With or without video, there's nothing like having a good chat with a trusted and supportive friend to feel refreshed, uplifted, and supported.
- Meet up with a friend for a walk and talk: Connect emotionally and stay active at the same time (great for your physical self-care).
- Join an online group with similar interests: Sometimes, having others who can relate to your struggles and triumphs can be a great support system. They can share experiences to learn from each other and feel understood.
- Pair up with a friend for a fun activity: When you just need to take your mind off things, doing something fun and playful can help as a stress-reliever. You can play online games, go on a virtual tour, or meet up for a fitness or hobby class together.
- Play with your pet: Our pets can be a great source of healing and support when we're feeling down or just want to have fun. They're always there to listen and be present when you need a cuddle. Seek your pet(s) out on purpose, spend some quality time together, and savor the feelings you experience.



Movement

Try to maintain a regular exercise routine. Here are simple ways to incorporate movement into your daily schedule.

- Standing up to stretch at least every hour throughout the day.
- Take a quick walk around your neighborhood or walk in place.
- Do some simple exercises for a few minutes a few times a day.
- Use the stairs instead of the elevator.
- Clean a room in your house each day.
- Create and maintain a garden and grow some of your own food.
- Yoga, at home or in a class, aligns the mind, body and soul.

Balanced Meals and Hydration

When things get busy or if we're dealing with a lot of stress, we can become less mindful of what we're eating. We sometimes eat too much or don't eat at all to cope with emotional problems. Here are some ways to fuel your body with care:

- Try to drink at least 50% of your weight in water throughout the day, preferably alkaline water.
- Choose water as the drink for your meal instead of milk, juice or soda.
- Take time to plan, prepare, and eat balanced meals, preferable based on whole plant-based foods. You can always make multiple meals and freeze them for that quick meal later.
- Be mindful when you make food choices: something convenient might not have a positive impact on your health.

Rest and Relax

Recharging your cells is necessary for feeling energized and ready for your day. Here are some ideas for ensuring your body gets the rest that it needs:

- Try to get 7-9 hours of sleep each night.
- Take a short 15-20 minute nap if you're feeling tired in the middle of the day.
- Take a break from your phone or TV at least 30 minutes before you go to bed to allow yourself (and your brain) time to wind down.
- Set boundaries for work and chores allowing for time to relax and play.
- Meditation even for five minutes can be restorative.

Your Physical and Emotional Bodies Deserve Daily Positive Attention and Self-Love

You deserve to care for yourself, just like you care for others. Maintaining your physical wellness is one of the most fundamental ways to start your self-care plan and journey to a happier life. Many helpful activities are simple and can be easily incorporated into your daily life. Start with something small today and build up your self-care habits from there. What would you like to try?