



THE WOMEN ARE HERE
ENERGIZE · EMPOWER · ELEVATE

Care for Yourself Health & Physical Wellbeing

Why This Is Important

Self care is an extremely important factor in everyone's life, if not the most important. Without good health, nothing else matters. It's why they instruct you on the airplane to put your own oxygen mask on first – *before* helping others.

As a Leader, other individuals are constantly looking to you as a role model both professionally and personally. This best practice will help you create a strong self-care routine that helps support you in being your best version of yourself – and to promote by example how important self-care is to those around you. The 4 Pillars are the basic, but essential components of self-care and they will ensure you are able to manage anything that comes your way either in the workplace or your personal life:



1. Sleep
2. Nutrition
3. Fitness
4. Stress Management

Now, we know that most of you already know what is good for your health and physical wellbeing. There are a number of reputable organizations that specialize in each one of these areas which can have a profound impact on your overall health and wellbeing.

Our goal is not to profess to be experts in each of these four areas, but instead to help you move from “knowing” to “doing” – which are two very different things. Let's use this opportunity to make time for you to make the necessary adjustments in your routine to achieve a well-balanced approach.

When self-care is absent, it is evident to all those we relate to. Making this a priority will allow you to better support and guide those around you – personally and professionally.

What You Will Learn

- Develop an understanding of each of the 4 pillars of Self-Care
- Take an inventory of your approach to each of the 4 pillars
 - Sleep
 - Nutrition
 - Fitness
 - Stress Management
- Know how to create and plan schedules regarding the various aspects of your self-care
- Build a strong understanding of who you are and what your mind and body needs
- Understand what to look out for if your self-care is lacking
- Knowing the impact self-care can have on both your personal and professional life



How You Can Start

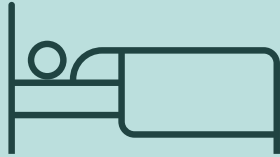
Understand the 4 Pillars of Self Care

1. Review [The 4 Pillars of Health & Physical Wellbeing](#) to gain an understanding of what's needed for a strong self care routine.
2. Conduct a personal inventory using the [Health & Physical Wellbeing Assessment](#) to identify which of the 4 Pillars you are strong in and which ones may need more time and attention.
3. Review [Pillar 1: Sleep](#) to understand the benefits of having a secure sleep schedule.
 - Know how to look for signs of sleep deprivation or lack of sleep by referring to the [Sleep Deprivation](#) document.
 - Use the [10 Rules of Sleep](#) to help create a strong sleep schedule and sleep space for maximum rest.
 - Using the knowledge gained from this chapter plan a sleep schedule that will work the best for you and your life.
4. Review [Pillar 2: Nutrition](#) to gain an understanding of the benefits of having a balanced diet.
 - Use [10 Tips for Healthy Eating](#) to gain an understanding of what you need to include to have a balanced diet throughout your week.
 - The [Weekly Meal Planner](#) can be used to help plan out your meals. Allowing you to see exactly what you are eating and giving you the knowledge of how to perfectly balance your meals.
5. Review [Pillar 3: Fitness](#) to understand the benefits fitness can have on both your body and soul.
 - Using the [Fitness Health Worksheet](#) - write down types of physical activities you would be interested in trying or you think would benefit your health.
 - Using the [Fitness Weekly Planner](#) - plan out your goal for physical activity this week. Try to aim for 30-60 minutes everyday.
6. Review [Pillar 4: Stress Management](#) to gain an understanding of the benefits being able to cope with your stress in a healthy and meaningful way.
 - Review the [Healthy Ways to Cope with Stress](#) document to take inspiration on ways that you could improve your own stress management.
 - Using the [Stress Management worksheet](#) – plan out healthy ways to cope with your stress and begin to understand what makes you stressed.

Self Care Activities

1. Review [Self Care Activities](#) for ideas on other ways to implement important self-care routines which may not fall under The 4 Pillars of Self Care.

The 4 Pillars of Health & Physical Wellbeing



Pillar 1: Sleep

Benefits of Having Good Sleep

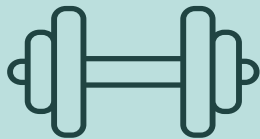
- Healthier Heart
- Mood Boost
- Better Memory and Recall Skills
- Fewer Headaches



Pillar 2: Nutrition

Benefits of Having Good Nutrition

- Increase of Energy
- Reduce Risk of Certain Diseases
- Improve Ability to Fight Off Illness
- Less Fatigue



Pillar 3: Fitness

Benefits of Having Good Fitness

- Increases Lifespan
- Strengthens Muscles
- Decreases Stress
- Boosts Immune System



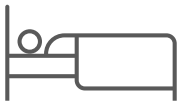
Pillar 4: Stress Management

Benefits of Having Good Stress Management

- Improved Relationships
- Feel More Relaxed
- Better Ability to Focus
- Moods Become Stable

Health & Physical Wellbeing Assessment

Pillar 1: Sleep



Poor Average Excellent

Rate your Sleep Routine 1 2 3 4 5

What works well as it relates to your Sleep Routine? _____

What is one thing you can do to improve your Sleep Routine? _____

Pillar 2: Nutrition



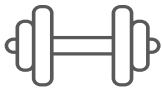
Poor Average Excellent

Rate your Nutrition 1 2 3 4 5

What is one thing that keeps your Nutrition on track? _____

What is one thing you can do to improve your Nutrition? _____

Pillar 3: Fitness



Poor Average Excellent

Rate your Fitness 1 2 3 4 5

What is one thing that you feel good about related to your Fitness? _____

What is one thing you can do to improve your Fitness? _____

Pillar 4: Stress Management



Poor Average Excellent

Rate your Stress Management 1 2 3 4 5

What is one thing that helps you manage your Stress? _____

What is one thing you can do to improve your Stress Management? _____

Which of the four areas above is the MOST important for you to improve right now? _____

Pillar 1: Sleep

Why is it Important?

Healthy sleep is the foundation for having overall good health. A good sleep cycle is paired with a variety of benefits, both mental and physical. Adults should be averaging between 7-8 hours of sleep per night however, it does vary from person to person.

Benefits:

- Feeling more alert throughout the day
- Your brain learns better and has an easier time storing new information
- Your immune system is boosted, and it becomes harder to catch illnesses
- Stable mental moods
- Obtain a better and stronger mind



To keep on track of you sleep, try to create a sleep schedule for yourself. Having a set time for your sleep is a great way to begin a strong sleep schedule. Remember – the goal for every night should be 7-8 hours of sleep, anything less may lead to sleep deprivation which may cause issues in your everyday life. And, unless needed you should try to not oversleep as that also bears consequences.



Sleep Deprivation

Since sleep is an extremely important factor in our everyday lives, we should always be on the look out for signs of sleep deprivation. If you find that you aren't receiving enough sleep, you should take immediate action to look at and modify your sleep schedule. A lack of sleep will not only effect your personal life but also your business life – we are generally more irritable, less-focused, and make more mistakes when we are tired.

7 Signs of Lack of Sleep



10 Rules of Sleep

- 1** Fix regular times for going to bed and for getting up
- 2** If you nap during the day, don't allow yourself more than 45 minutes of sleeping time
- 3** Stop consuming alcoholic beverages four hours before bedtime and don't smoke at all
- 4** Avoid caffeine beginning six hours before bedtime. This includes not only coffee and tea, but many soft drinks and chocolate as well
- 5** Avoid heavy, spicy, or sugary foods starting four hours before bedtime. A light snack just before retiring is okay
- 6** Exercise regularly, but not right before bed
- 7** Use comfortable bedding
- 8** Find a comfortable temperature setting for your bedroom, and keep the room well ventilated
- 9** Block out all distracting noise and eliminate as much light as possible
- 10** Reserve your bed for sleep and sex. It is not an office, a workroom, a movie theater, or TV viewing venue

Pillar 2: Nutrition

Why is it Important?

Nutrition helps the mind, soul, and body. When your body is receiving all the necessary nutrient it needs, daily life becomes easier and more enjoyable. Health benefits are also reaped from having a good diet, which is extremely important when considering your future life.

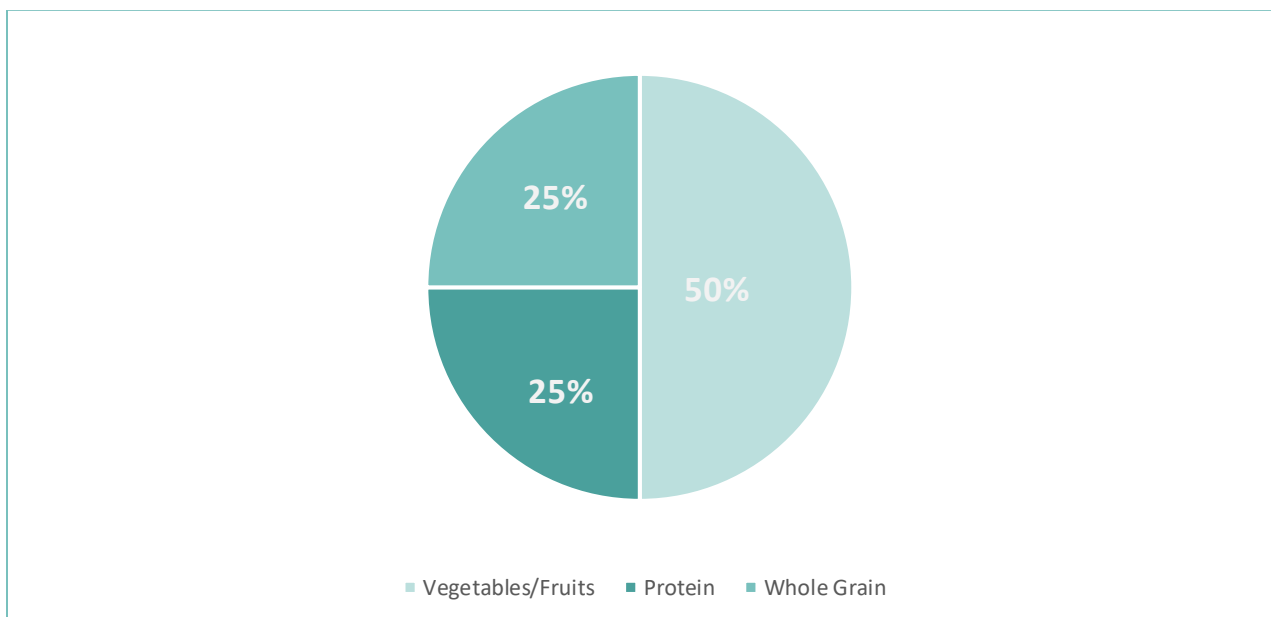
Benefits:

- Improvement of overall well-being
- Able to maintain good energy levels throughout the day
- Increased ability to recover from injury or illness
- Reduced risk of serious diseases:
 - Heart disease
 - Diabetes
 - Stroke
- Balanced digestive system
- You just 'feel' better about yourself because you are nourishing yourself with health food



Balance Your Plate

Balancing your plate is a fantastic way to start a healthy nutrition. A simple rule many doctors encourage people to follow is the 25-25-50 rule. 25% of your plate should be proteins, 25% of your plate should be whole grains, and the other 50% should be a fruit or vegetable of any kind(s).



10 Tips for Healthy Eating



Cook at home as often as possible



Enjoy your meals without multitasking
How you eat is as important as what you eat



Listen to your body
Eat when you are hungry - Stop when you are full



Eat at regular times everyday
Ex; Breakfast at 6, Lunch at 12, Dinner at 6



Plan healthy snacks for the day



Eat a variety of fruits and vegetables at every meal



Eat whole grains more often



Try to eat fish twice a week



Include legumes in your meals more often
Beans, chickpeas, lentils, nuts, etc.



Do not be afraid of fat
Choose olive oil and canola oil more often

Weekly Meal Planner



There are many apps available to assist with Meal Planning but for those who prefer paper-based methods, here is something to get you started. You can also find hard copy Food-Dairies online.

Day	Breakfast	Lunch	Snack(s)	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Pillar 3: Fitness

Why is it Important?

Physical health is the base of wellbeing – the beginning of making yourself a stronger and happier person. Being physical active not only strengthens your person but also your mind and other forms of health. Through activity you can gain more energy throughout your everyday life and feel more relaxed. You may also find yourself in better moods and having an easier time sleeping.

Physical Benefits

- Lower risk of heart attacks
- Gain stronger muscles, bones, and joints
- Lower blood pressure
- Manage weight easier

Mental Benefits

- Block negative thoughts
- Distract from daily worries
- Increased social contact



When starting a physical activity regiment or setting goals, always remember – starting is the difficult part. Try to see everyday activities as an opportunity to be active, doing any form of activity is much better than none. Small changes throughout your daily schedule are a great way to begin adding physical activity to your everyday life, such as walking in stead of driving.

Ideas of Inspiration

- Yoga
- Tai Chi
- Walking
- Running
- Hiking
- Gardening
- Swimming
- Boxing
- Cross Fit
- Pilates
- Biking
- Jazzercise
- Tennis
- Strength Training
- & More

Are you driven, motivated and enjoy being part of a group? Terrific – join one! If you prefer to work out at home on your own schedule and are self-motivated, get any equipment you need and get started!

Fitness Health Worksheet

Start by adding **two different forms of activity**, their description, how to incorporate them into your everyday life and their benefits.

Let us help you get started on your physical health journey!

Physical Health Ideas	
Description	
How to Incorporate	
Benefit(s)	
Physical Health Ideas	
Description	
How to Incorporate	
Benefit(s)	

Fitness Weekly Planner

There are many apps available to assist with Fitness Tracking but for those who prefer paper-based methods, here is something to get you started. Plan out your weekly fitness goals.

Reminder – takes breaks when needed and if you miss a day that’s totally fine!

Day	Activity Goal	Completion
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Pillar 4: Stress Management

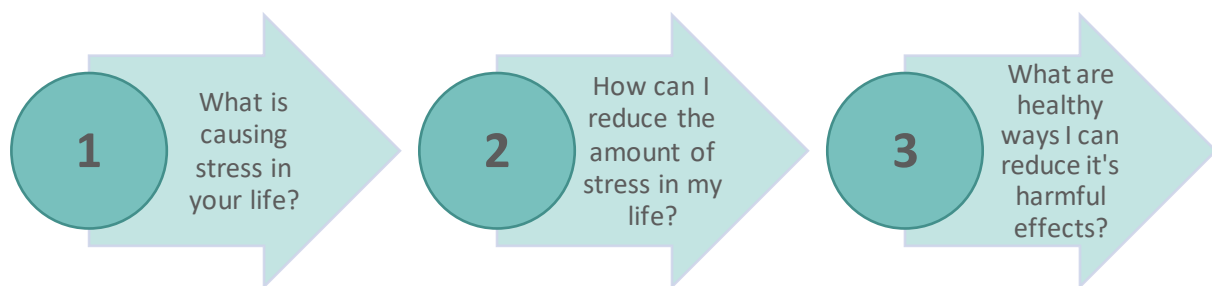
Why is it Important?

Stress is a feeling we continuously deal with in our everyday lives. Stress can at times be an important factor in finishing a job on time or reacting quickly to situations. However, if you are under stress for a long period of time or simply under a huge amount of stress, that feeling will begin to have damaging side effects, mainly to your mental health but also your physical health. Negative side effects of stress can include moodiness, depression, tension, headaches, upset stomach, etc.

This amplifies the need for a strong stress management program for yourself. Efficiently being able to find the cause of your stress and how to cope with it in a healthy way will have a substantial impact on your personal and business life.

The three-step stress management process is a simple but efficient way to begin understanding your stress and what you need to deal with it. Once you understand the basics of your stress you can build off this process and create your own stress management process that is specifically made for you, by you.

3 Step Stress Management Process



R.R.R.

Paired with the 3 Step Management Process, R.R.R is a fantastic saying to live by and keep a constant state of calm in your life. R.R.R stand for Rest, Recharge, Relaxation. Keeping those three words in mind will keep you thinking about what is needed to stay relaxed, keep rested, and make sure you are charged and ready for the day.

Rest **R**echarge **R**elaxation

Healthy Ways to Cope with Stress

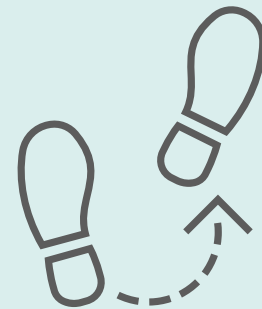
Meditation

Meditation is an extremely calming activity, directly linked to a decrease in stress. It helps you align yourself and bring your body into a state of relaxation. Other benefits include; less anxiety, increase of creativity, protection against mental health conditions, increase of memory recall and better processing emotions.



Exercise

Exercise helps to relieve stress in a variety of ways, targeting different reasons as to why you may be stressed. It's also a great way to distance yourself from your everyday life and take an hour to clear your mind, allowing you to come back in an improved mental state. Benefits include; reduced anxiety, increased brain power, increased self esteem, improved sleep, and increased energy levels.



Time in Nature

Stretching your legs and getting outside can reduce stress with great power. It's amazing what a simple breath of fresh air can accomplish – we call this Vitamin N for Nature! You could go on a walk or hike, or simply read a book. You get to decide what's best. Benefits include; reduced anxiety, improved mood, improved focus, disconnect, and improved creativity.



Sleep Well

Sleep is good for any and every aspect of your life, however getting a good sleep can greatly decrease stress levels. Benefits include; increased memory skills, increased creativity, stronger immunity against illnesses, decreased risk of mental health conditions, and better weight control.



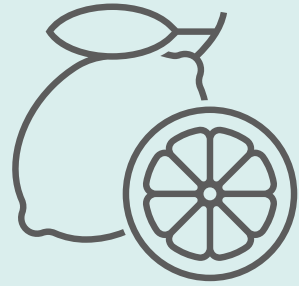
Connect Socially

Going out and being with friends or family is also a great way to combat stress. Similar to exercise and time in nature, connecting socially allows you to disconnect from the stress and gives your brain a moment to recharge. Simply laughing is a fantastic way to lower stress levels. Benefits include; decreased stress and increased emotion regulation.



Eat Well

Having a strong and balanced diet is great for coping with stress. Specific foods have been known to combat stress extremely well compared to other foods. Tea, carrots and bananas being some of them. Benefits Include; improved immune system, increased energy levels, increased productivity, and improved rest/sleep.



Make Lists

Making lists are one of the most efficient ways to help organize your thoughts and therefore reduce stress. Having everything you need to complete written out gives your brain the chance to relax. Many psychologists have agreed that making lists is a simple and efficient way of dealing with stress levels, in both your personal and everyday life.



Stress Management Worksheet



Cause of Stress:	Ideas on How to Cope:	What worked/what did not work:

Self Care Activities



There are many other types of self-care activities you can and should engage in to ensure your health and wellbeing are well looked after. Of course, each of us have our own preferences so some of these may be more interesting to you than others.

The Spa

Going to the spa is one of the most relaxing and enjoyable experiences – and it is a great reward for achieving a goal, making it through a challenging situation, or simply just because!

Take the opportunity to treat yourself to wonderful afternoons, either by yourself or with the girls.

Spas have a variety of different ways to totally pamper and indulge yourself and you should enjoy every second of them.

- Massages & Facials
- Pedicures & Manicures
- Acupuncture



Vacations



Vacations are necessary for all of us to rest and recharge from work. They allow you to distance yourself from everything in your life and simply enjoy living. If you've ever gone too long without having time off, you know how it negatively impacts you professionally and personally.

Vacations are the opportunity to adventure into the unknown or retreat to familiar territory. See whatever you want. Stay wherever you like. Do what you like.

- Cruises – See the ocean views of coastal cities all over the world.
- Camping – Live down to earth and see the beauty of the nature that surrounds us.
- Vacations - Get to go wherever you want and stay wherever you desire.

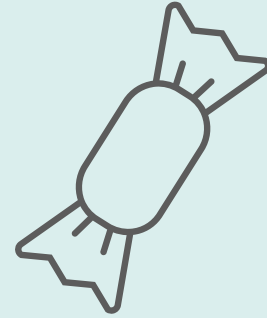
What is on your travel bucket list?

Treat Yourself

Treating yourself is another great form of self-care. Have you been wanting to buy a certain book for awhile? To go to a certain movie or special event? Maybe you've been wanting a new backyard patio set or even a kitchen renovation? Make it happen – and see how you feel about it :)

Your hard work needs to be appreciated by everyone, including yourself. You should feel proud of all the effort you put into your work, and you should feel proud about being able to treat yourself.

Don't be afraid to splurge on yourself!



Treating Others



This can be linked to treating others. A unique form of self care is treating those around you. Appreciating those around you brings an incredible amount of joy to your soul. Getting an unexpected gift for someone who had an incredible impact on your life is truly heart warming.

You can treat anyone in your life that means a lot to you:

- Family Members
- Business Partners
- Partners (Husbands, Wives, etc.)
- Friends

Alone Time

Sometimes the most important self-care is the gift of being alone. Yes, that allusive 'quiet' time. You may have to say no or take a pass on an invite from a family member or friend to indulge in some much-needed alone time. Most of us need time to simply process and think...you'll know it when you need it!



My Action Items & Notes
