

## 3 Days of Self Care

An e-book that puts you first.



- Nutrition
- Sleep
- Meditation/Prayer
- Joy
- ❖ Days 1-3







## Some ways to eat healthy are:

- ✓ Spread your calories throughout the day
- ✓ Don't skip meals
- ✓ Eat slowly
- ✓ Eat "real foods" not processed foods
- ✓ Make sure to check your portions
- ✓ Simplify your meals
- ✓ Limit going out to eat





Energy/ Focus

Reducing stress can help you have more energy and better focus

When you meditate or pray, the activity of your brain moves from the frontal cortex (where stress lives) to the calm left frontal cortex.

Brain Activity

Healthy Heart

This relaxes and slows your breathing. When you breathe 6 breaths a minute, your breath becomes aligned with rhythms in your heart.

Meditation produces a deep state of relaxation and tranquil mind. .

Relaxation/ Tranquility



elements

Focused attention Relaxed Breathing A quiet setting A comfortable position

Prayer
Guided Meditation
Tai Chi
Mindfulness Meditation
Yoga

types

mental benefits

Greater Creativity
Decreased anxiety and depression
Improved learning and memory
Increased happiness
Emotional Stability

Gaining a new perspective Building skills to help stress Reducing negative emotions stress benefits



Mental/ Physical

Scientifically proven to make us smarter, happier and more successful as well as strengthen our immune system

Exercise helps us to build muscles, get stronger, and lose weight.

**Fitness** 

**Happiness** 

Eases depression, relieve stress and anxiety, enhance self-esteem.

Exercise lowers your risk for serious health problems, including heart disease, diabetes, stroke, and high blood pressure.

Longevity



Cortisol & Adrenaline

Rejuvenates the body by lowering cortisol levels, adrenaline and producing natural pain blockers.

Gets the blood flowing, decreases blood pressure and stress hormones, improve sleep patterns and boost the immune system.

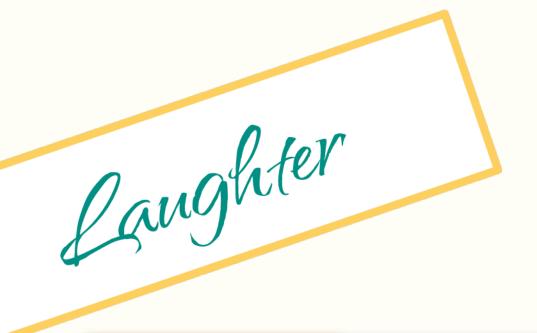
Immunity & Blood

**Tension** 

Relaxes the effect on the nervous system, controlling things like heart rhythm, blood pressure, breathing, and mental tension.

Shifts perspective creating a psychological distance, which can help avoid feeling of overwhelm.

Longevity



physical

Boosts immunity
Lowers stress hormones
Decreases pain
Relaxes your muscles
Prevents heart disease

Adds joy and zest to your life Relieves stress Improves mood Eases anxiety and fear Enhances resilience mental



- ✓ Eating right is key
  - -3 main meals with 1-2 healthy snacks
- ✓ Focus on being you and stay positive
- ✓ Meditate before you go to bed
- ✓ Exercise
  - -Walk or do yoga
- ✓ Give yourself permission to do what you are passionate about.
- ✓ Set new health goals for yourself
- ✓ Making small steps is okay, you don't want to make too big of steps and not stick to them.



- ✓ Eat fruits and vegetables
  - -Measure out things that you eat. This will help you not go over the right proportion.
- ✓ Exercise
  - -Get your heart rate up by going on a walk or jog
- ✓ Trust your inner voice to guide you.
- ✓ Before you go to bed try journaling to calm your mind down from the day.
- ✓ Allow time daily for joy and laughter
- ✓ Take up a new hobby. Make it something that you would enjoy doing.



- ✓ Laugh to boost your mood.
- ✓ Make sure when you exercise you:
  - -Warm-up
  - Conditioning/Work-out
  - Cool Down
- ✓ Make sure to have portion control when you eat
- ✓ Before you go to bed try a relaxation exercise to calm yourself down from the day.
- ✓ Be grateful daily. Gratitude replaces almost any negative feelings you have.
- ✓ Eat to live- don't live to eat.

## Resources

- http://www.helpguide.org/life/humor\_laughter\_health.htm
- http://www.thehealthcoachgroup.com/self-care-handbook/
- http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.html
- http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389
- http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/
- http://www.seniorlifestyle.com/surprising-benefits-meditation-prayer/
- http://www.huffingtonpost.com/dr-cynthia-thaik/laughing-health\_b\_4519611.html
- http://www.helpguide.org/topics/exercise.htm
- http://www.mayoclinic.org/healthy-living/nutrition-and-healthyeating/basics/nutritionbasics/hlv-20049477
- http://www.choosemyplate.gov/
- http://www.health.com/health/



Hi there.

I'm Marcey Grant, health and wellness coach for people with busy lifestyles like you.

Feeling and overall sense of unhappiness with the way you look and feel? I can tell you that you're NOT alone. I can also tell you that...

I believe you can become the best version of yourself; renewed vitality and a healthy lifestyle — inside and out.

The catch? It won't happen by itself.

And that's where I come in.

XO,

