



# 3 Days *of* Self Care

An e-book that puts you first.

# Contents

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

# Eating Right

**1** | The nutrients found in the food you eat support the activities of day-to-day living, protect your cells from environmental damage and repair any cellular damage that might occur.

**2** | Eating more whole foods and fewer calories is an important part of losing weight, but it's only one important part of being healthy.

**3** | Eating healthy makes you feel healthier and feel better about yourself.

**4** | Start slow and make changes to your eating habits over time.

# Eating Right

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

# Sleep

1

To get a better night's sleep; take an hour before you go to bed to wind down from the day by relying on:

Relaxation exercises  
Meditation  
Hot bath

3

Adults should get 7 to 8 hours of sleep a night and try to stick to a consistent sleep schedule.

2

Sleeping ultimately makes you feel rejuvenated and ready for what ever is next.

4

Sleep is involved in healing and repair of your heart and blood vessels.

# Meditation

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

# Meditation

## 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

# Exercise

## 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



# Laughter

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

# Laughter

## 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

# Day 1

- ✓ 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.

# Day 2

✓ 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.

# Day 3

- ✓ 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.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.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-healthy-eating/basics/nutrition-basics/hlv-20049477>
- <http://www.choosemyplate.gov/>
- <http://www.health.com/health/>

# About Me

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,

*Marcey Grant*

