



ABC's of Self Care

A GUIDE ON HOW TO LOVE
YOURSELF

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Aromatherapy

/ə,rōmə'THerəpē/

Doctor Brent A. Bauer stated that essential oils used in aromatherapy are typically extracted from various parts of plants and then distilled. The highly concentrated oils may be inhaled directly or indirectly or applied to the skin through massage, lotions or bath salts. Some essential oil manufacturers have oils that can be taken internally, but research on the safety and efficacy of this method is extremely limited.

The National Association for Holistic Aromatherapy (NAHA) defines aromatherapy as "the therapeutic application or the medicinal use of aromatic substances (essential oils) for holistic healing."

BENEFITS:

- reduces headaches
- relieves symptoms of stress and anxiety when used frequently
- calming potential: oils like lavender are used for better sleep
- menstrual pain: essential oils massaged over the stomach help with menstrual cramps
-

DIFFERENT ESSENTIAL OILS AND USAGE:

- **Stress**: Lavender, Bergamot, Peppermint, Veitiev, Ylang Ylang
- **Insomnia**: Lavender, Chamomile, Neroli, Sandalwood, Ylang Ylang
- **Anxiety**: Lavender, Bergamot, Sandalwood,
- **Depression**: Lavender, Peppermint
- **Decongesting**: Eucalyptus, Peppermint, Pine, Tea tree



Baths

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The University of Freiburg states found that a 30 minute bath every night can improve a person's mental health dramatically.

Baths and bathing have been such a huge part of human health that there's a bathing tradition on every continent; Scandinavians take plunges in cool water after time in a sauna, while the Roman love for baths gave birth to huge bathing complexes with under-floor heating and a range of temperatures, some of which are still standing today.

THIRTY MINUTE BATH:

- use music to relax you're mind!
 - when you step out of the bath, you release melatonin
 - put on a face mask and tie up you're hair
 - bring in a book!
-
- put on a candle
 - add 8 drops of you're favorite essential oils

BATH FACTS

- BATH BOMBS SOOTH SKIN: bath bombs filled with oils and cocoa butter moisturize you're skin
- HELPS WITH SLEEPING: adding lavender to your tub will relax your mind and get you ready for bed
- ELEVATES YOUR MOOD: according to Psychologist, Neil Morris, bathing can lower feelings of Depression

It turns out that our bodies associate horizontal conditions with relaxation and vulnerability, particularly in the bath, which possibly mimics the warm, liquid conditions of the womb. One baby-bath manufacturer even makes baths that consciously feel like the womb, to calm any unhappy little ex-occupants. Some scholars think that this particular positioning gives us a sensation of security.



Coloring

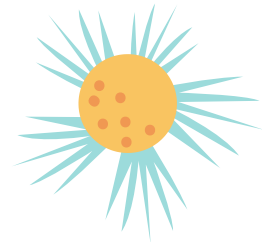
/'kɒləriŋ/

And though the first commercially successful adult coloring books were published in 2012 and 2013, the once-niche hobby has now grown into a full-on trend, with everyone from researchers at Johns Hopkins University to the editors of Yoga Journal suggesting coloring as an alternative to meditation.

Coloring engages both sides of our brains. It requires logic and spatial reasoning in order to make sense of the picture (layout, objects, and patterns) as well as creativity to mix and match colors. Coloring can calm down the part of the brain that stimulates the amygdala (fear/stress response) while engaging the creative part of the brain. This also engages the cerebral cortex for vision and fine motor skills.

BENEFITS OF COLORING:

- reduces stress
- relaxes you're amygdala, the part of you're brain that is affected by stress
- time away from electronics can improve IQ
- stimulates the brain in a fun way!
- allows you to express you're feelings in a healthy way
- active meditation: coloring allows the brain to turn off other thoughts



Disconnect

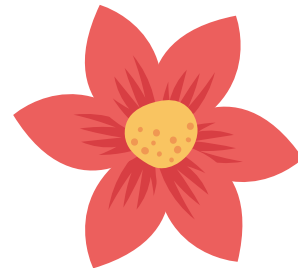
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"ALMOST EVERYTHING WILL WORK AGAIN IF YOU
UNPLUG FOR A FEW MINUTES, INCLUDING YOU"
- ANNE LAMOTT

Unplugging by itself probably won't work
some magic in your life. But if you spend
that digital-free time focusing on your
relationships and activities you enjoy,
now can make your life better.

IMPORTANT REASONS TO UNPLUG

- helps remove feelings of jealousy and loneliness
- everything you need is RIGHT in front of you!
- improves social skills
- lowers sleeping problems
- your brain needs a break from screens!!



HOW TO UNPLUG:

- start by putting your phone down for 1
hour each day
- put electronics in a completely different
room so you don't get distracted

Eat Healthy Food

/ēt/ + /'helTHē/ + /fōod/

You know that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Here are five benefits of a healthy lifestyle.

BENEFITS OF EATING HEALTHY:

- balances serotonin levels which increases your mood
- combats mental health problems like severe depression
- proteins from healthy foods boosts your energy
- you'll live longer!!

OVERALL, EATING HEALTHY
MAKES YOU A HAPPIER PERSON





Face Masks

Facial masks provide deep nourishment to the skin, so why do so many people neglect this pampering product? Because it takes time—most masks need to remain on the skin for about 15 minutes, notes Joni Keim, technical director of Natural Resource Group, the parent company of Beauty Without Cruelty based in Petaluma, Calif.

BENEFITS OF FACE MASKS:

- INCREASES HYDRATION AND BRINGS MOISTURE TO DEHYDRATED SKIN
- REFINES SKIN PORES
- DIMINISHES FINE LINES
- GIVES AN EVEN SKIN TONE
- CREATES FIRMER SKIN

6 steps to healthy skin:

1. Start by cleansing the skin. "Use some sort of acid cleanser so it will take dead skin off and allow the mask to penetrate," Fomenko says.
2. If your customer has the time, advise her to steam her face for a few minutes either by using a facial steamer or by draping a towel over her head and leaning over a sink full of hot water. This will allow for deeper mask penetration.
3. Apply the mask. Beauty Without Cruelty's Keim likes to do this before getting in the bath—first because it minimizes the mess and second because the steam from the bath keeps masks from drying out. "If they stay warm and moist, [masks] are very active," she notes.
4. A few minutes before it's time to remove the mask (go by the manufacturer's instructions), apply a hot compress to the face, and leave it on until it's time to wipe the mask off.
5. After removing the mask, moisturize the skin. For customers with dry skin, recommend a heavy nourishing cream. For normal to oily skin, go with a light serum. Follow with sunblock.
6. Repeat two or three times a week for acne or very oily skin. For normal skin, once a week is fine.

Gardening

Gardening has been studied as a therapeutic activity across generations. For seniors specifically, gardening has been shown to have a bounty of cognitive benefits. The act of gardening, whether on a small scale or a larger one, requires a multi step thinking process. Senior gardeners are given the opportunity to practice cognitive skills that range from planning to judgment to critical thinking. Having the chance to use these cognitive skills on a regular basis, and through a hobby that is enjoyable, can be therapeutic for aging adults.

BENEFITS:

- Gardening increases blood flow to the brain
- Enjoy the benefit of getting higher serotonin levels!
- Anxiety relief

Flowers are an easy way to put a smile on someone's face – but there's actually a scientific reason they make us feel so good: Studies have shown their presence elicits joyful feelings. "Science shows that not only do flowers make us happier, they have strong positive effects on our emotional well-being," says Jeannette Haviland-Jones, a professor of psychology at Rutgers University who has studied the impact of blooms.

Flowers can also improve your physical health, and florists like Frederique van der Wal, creator of flower company Frederique's Choice, are creating wellness bouquets focusing on such benefits. "Researchers have found that flowers at home change [people's] environment and create a more positive attitude toward life," van der Wal tells The Post. "Plus, they can alleviate some common health problems."

DIFFERENT FLOWERS AND THEIR BENEFITS:

- EUCALYPTUS: helps reduce congestion and colds
- MUMS: absorbs benzene (a toxic found in many cleaning products)
- INDIGO IRIS: STIMULATE THOUGHT
- SOFTER BLUE IRIS: help with concentration



Happy Thoughts

“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

The ancient Greek philosopher Aristotle said these words more than 2,000 years ago, and they still ring true today.

Happiness is a broad term that describes the experience of positive emotions, such as joy, contentment and satisfaction.

Emerging research shows that being happier doesn't just make you feel better – it actually brings a host of potential health benefits.

This article explores the ways in which being happy may make you healthier.

BENEFITS OF BEING HAPPY AND POSITIVE:

- helps promote a healthy lifestyle
- boosts your immune system
- can combat stress and anxiety
- you will release dopamine
- happiness protects yourself from heartbreak

HOW TO INCREASE HAPPINESS

- Surround yourself with people you enjoy, and disconnect yourself from toxic people
- Get a good night's sleep
- Reflect on your day and find three positive events that occurred throughout your day
- Find joy in the little things
- Live in the moment
- Practice gratitude and meditation



Invest in yourself ^I

Investing in yourself is finding new things that you love to do. Don't think about what others think of you because you will never truly love yourself if you think of how it will effect others. Doing activities that you love can relax you, make you happier, and can even allow you to learn more about yourself.

BENEFITS OF DOING WHAT YOU LOVE:

- you will learn more about yourself
- soon enough, you will find a change in your mood
- you can meet new people who are similar to you and enjoy some of the same things you do
- it can raise your self-esteem
- you reach higher levels of performance when you do what you love

ASK YOURSELF THESE PERSONAL QUESTIONS:

1. What are your core personal values?
2. What makes you happy?
3. What does true happiness mean to you?
4. What is your happy place?
5. What strategy will you use to find something you enjoy doing?



Journal

“Whether you’re keeping a journal or writing as a meditation, it’s the same thing. What’s important is you’re having a relationship with your mind.” – Natalie Goldberg

Documenting thoughts and feelings in writing, whether it's in a leather Moleskine or on a computer screen, has enormous benefits for our physical health.

These benefits include long-term improvements in mood, stress levels and depressive symptoms. Not only does writing make you less likely to get sick, it also increases chances of fighting specific diseases like asthma, AIDS and cancer.

It can even make physical wounds heal faster. A study from 2013 found that 76% of adults who spent 20 minutes writing about their thoughts and feelings for three consecutive days two weeks before a medically necessary biopsy were fully healed 11 days later. Meanwhile, 58% of the control group had not recovered.

BENEFITS OF JOURNALING:

- helps manage anxiety
- reduces stress
- good coping skill for depression
- gives you an opportunity for positive self-talk
- journaling will boost your mood
- improves your memory

HOW TO JOURNAL :

- give yourself a few minutes per day to write
- write whatever feels natural to you
- find a comfortable space to write
- before you begin writing, close your eyes for thirty seconds to reflect on your day
- write honestly! (you are the only one who is reading this!)



Knitting

Since the 1990s, The Craft Yarn Council has surveyed hundreds of thousands of knitters and crocheters, who routinely list stress relief and creative fulfillment as the activities' main benefits. Among them is the father of a prematurely born daughter who reported that during the baby's five weeks in the neonatal intensive care unit, "learning how to knit preemie hats gave me a sense of purpose during a time that I felt very helpless. It's a hobby that I've stuck with, and it continues to help me cope with stress at work, provide a sense of order in hectic days, and allows my brain time to solve problems."

BENEFITS OF KNITTING:

- knitting has similar benefits as meditation
- relieves symptoms of anxiety and depression
- improves motor functions
- prevents arthritis and tendinitis
- creates a sense of purpose
- improves concentration

KNITTING TIPS FOR BEGINNERS:

- start off slowly
- begin by using good quality yarn
- for your first time, use thin yarn
- hold tension in the yarn
- practice new techniques before you start your project
- learn how to fix big mistakes



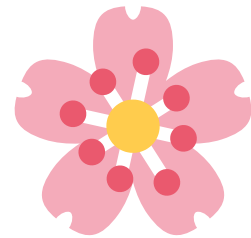
Listen to Podcasts

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“Some people do do better with constant background stimuli, while for other people it can be a cognitive hindrance,” said Dr. Steve Schlozman. One common positive is that podcasts also provide a social benefit, you’re able to connect with your peers over touchstones like Serial and The Read.

BENEFIT OF LISTENING TO PODCASTS

- listening to podcasts allows you to become more imaginative
- you can learn new things
- some podcasts (created by psychiatrists) can be a support system
- you can develop a great skill of listening
- get inspired!
- stay educated on the world's hot topics!



DIFFERENT PODCASTS AND REASONS TO LISTEN:

- sleepy by Otis Gray- listen before bed, and you will get a good night's sleep
- a sucky love story by Candice King and Kayla Ewell- listen when you are going through a heartbreak and hear about other people's experience
- VIEWS by David Dobrik and Jason Nash - listen when you are feeling sad and need something to cheer you up!
- stuff you should know by IHEARTRADIO - listen when you are feeling out of the loop with what's happening around the world
- TED radio hour by NPR - listen when you want to be motivated
- The Daily by The New York Times - listen when you have no time to read and want to know what's going on, on your way to work!
- coffee convos by Kail Lowry and Lindsay Chrisley - listen when you are having family troubles and need advice

Meditation

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In a small, NCCIH-funded study, 54 adults with chronic insomnia learned mindfulness-based stress reduction (MBSR), a form of MBSR specially adapted to deal with insomnia (mindfulness-based therapy for insomnia, or MBTI), or a self-monitoring program. Both meditation-based programs aided sleep, with MBTI providing a significantly greater reduction in insomnia severity compared with MBSR.

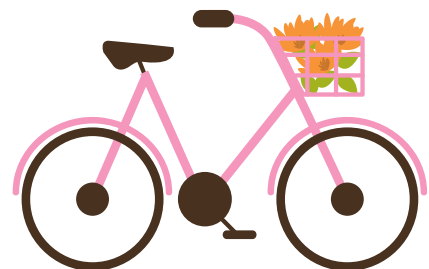
In a 2012 study, researchers compared brain images from 50 adults who meditate and 50 adults who don't meditate. Results suggested that people who practiced meditation for many years have more folds in the outer layer of the brain. This process (called gyrification) may increase the brain's ability to process information.

BENEFITS OF MEDITATING:

- improves symptoms of stress-related conditions
- controls anxiety disorders, such as phobias, social anxiety, panic attacks, and OCD
- promotes emotional health
- enhances self-awareness
- can reduce age-related memory loss
- improves sleep
- helps control pain
- can decrease blood pressure

DIFFERENT MEDITATION RECORDINGS TO LISTEN TO:

- Charka Sleep Meditation (healing & cleansing) – listen to before bed
- The Five Minute Miracle – when you need a quick reminder to be mindful
- Healing Spirit: Guided meditation for relaxation, anxiety, depression, and self acceptance – listen when you want to feel optimistic
- Powerfully Transformative Anxiety Meditation – listen when you are stressed and anxious



Nature

Exposure to forests boosts our immune system. While we breathe in the fresh air, we breathe in phytoncides, airborne chemicals that plants give off to protect themselves from insects. Phytoncides have antibacterial and antifungal qualities which help plants fight disease. When people breathe in these chemicals, our bodies respond by increasing the number and activity of a type of white blood cell called natural killer cells or NK. These cells kill tumor- and virus-infected cells in our bodies. In one study, increased NK activity from a 3-day, 2-night forest bathing trip lasted for more than 30 days. Japanese researchers are currently exploring whether exposure to forests can help prevent certain kinds of cancer.

BENEFITS OF SPENDING TIME IN NATURE

- boosts your immune system
- reduces signs of stress
- improves sleep
- increases your energy level
- being in nature can clear your head
- increased recovery rates for hospital patients
- it is easier for most people to exercise outdoors
- the outdoors is good for your vision
- the outdoors provides you with free aromatherapy

FUN THINGS TO DO IN NATURE:

- go skiing
- find a nice place to go hiking
- play a game with young kids
- go to the beach
- go on a fifteen minute walk once a day
- create rock art
- make a terrarium





Organize

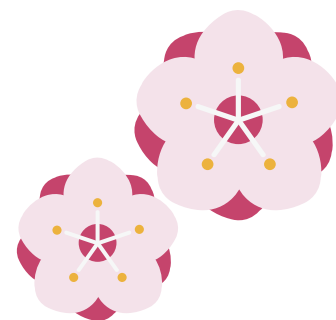
One 2009 study, published in the Personality and Social Psychology Bulletin, concluded that clutter sometimes translates to a homeowner feeling more depressed, especially if visitors comment on the mess. Other research, published in 2011 in the Journal of Neuroscience, found that clutter often means there are too many stimuli in your environment, which in turn makes it hard to focus.

BENEFITS OF ORGANIZING:

- organizing can give you a chance to focus on other aspects of your life
- you will become more productive
- organizing can help control anxiety
- when you are organized, you will not lose as much of your items
- lowers stress
- you will feel more put together and structured

TIPS TO HELP YOU GET ORGANIZED:

- put everything into a space that allows you to see what you are organizing
- clean the area by wiping down shelves and sweeping
- sort your items into categories and figure out what you want to keep, donate, or throw away
- keep up with an organized calendar



Positive thoughts ^P

According to the University of Wisconsin-Madison, "There is a science that is emerging that says a positive attitude isn't just a state of mind. It also has linkages to what's going on in the brain and in the body."

BENEFITS OF POSITIVE THINKING:

- increases life span
- lowers rates of depression
- better resistance to the common cold
- better psychological and physical well being
- better coping skills during times of stress



HOW TO FOCUS ON POSITIVE THINKING:

- identify areas where you need more positivity: acknowledging the areas where you need more positivity is the first step to focus on positive thinking
- frequent reminders: frequently reminding yourself to stay positive can greatly affect your day. Check in with yourself a few times a day to see if you are still thinking in a positive way
- positive self-talk: instead of saying something like "I can't do this" try saying something like "I can't do this yet, but if I try hard enough I will be able to"
- surround yourself with positive people: spending time with those who love and support you will keep your mind positive. If you are spending time with toxic people, negative thoughts might come to mind

Quiet Time

“We need quiet time to examine our lives openly and honestly – spending quiet time alone gives your mind an opportunity to renew itself and create order.” – Susan L. Taylor

Structured silence or practicing silence can be incorporated in your life in a variety of ways and has been explored in studies for the health benefits. For example, Sahaja Yoga is a form of yoga that focuses on mental silence. Researchers have studied the effects of having individuals participate in a structured Sahaja Yoga meditation and compared this group to a control group that did not participate in this form of mental silence (Chung, Brooks, Rai, Balk, and Rai, 2012).

BENEFITS OF HAVING QUIET TIME:

- helps you discover what is important and not important to you
- quiet time reduces stress
- helps you heal emotional wounds from anxiety and depression
- gives you a chance to reflect on your day
- allows the brain to perform tasks easier and better

WHAT TO DO DURING QUIET TIME:

- read a book
- listen to music
- meditate
- knit
- go on a walk
- observe what is happening around you
- reflect on your day/week



Read

One study looked at 31 adults who started reading at an early age, 22 individuals who learned to read as adults, and ten people who were illiterate. The scientists used functional magnetic resonance imaging scans to measure and compare brain function of the participants as they responded to oral language, written language, and visual tasks.

In 2009, scientists at the University of Sussex in the UK assessed how different activities lowered stress by measuring heart rate and muscle tension. Reading a book or newspaper for just six minutes lowered people's stress levels by 68 percent—a stronger effect than going for a walk (42 percent), drinking a cup of tea or coffee (54 percent), or listening to music (61 percent). According to the authors, the ability to be fully immersed and distracted is what makes reading the perfect way to relieve stress.

BENEFITS OF READING:

- can slow the progress and reduces risks of diseases like Alzheimer's and dementia
- reduces stress
- enhances social skills
- expands vocabulary
- improves memory
- learn about different aspects on life and develop a new way of viewing daily activities
- reading decreases mental decline by 32% for the elderly

HOW TO START ENJOYING TO READ:

- read about topics that interest you
- read every night 10–15 minutes before bed
- ask friends and family members for book suggestions
- try to connect to the story
- make sure you understand what you are reading



Stay Calm

Relaxation can help to reduce your blood pressure and heart rate, which has positive side-effects upon your long-term cardiovascular health. Relaxation can also slow aging, lower inflammation, prevent skin break-outs, improve libido and produce “feel-good” chemicals in the brain, among other benefits!

"Some degree of anxiety is normal and even necessary," says Dr. Ann Epstein, a psychiatrist at Harvard-affiliated Cambridge Health Alliance and medical editor of the Harvard Special Health Report Coping with Anxiety and Stress.

"Anxiety signals us that something is awry or might need our attention. However, you don't want the response to become exaggerated or to dominate your life," she says. Good coping mechanisms for stress and anxiety can help you stay healthy during turbulent times.

BENEFITS OF REMAINING CALM:

- you will develop patience and your stress level will decrease
- you can develop optimism
- gives you the change to eliminate negative self-talk
- you will become a team player!
- allows you to help others out in stressful situations
- you will feel more control in a stressful situation

HOW TO REMAIN CALM IN A STRESSFUL SITUATION:

- start off by breathing in for five seconds, and breathe out for six
- close your eyes and ground your body
- limit your caffeine intake
- think of a safe coping strategy
- loosen up your body
- be mindful



Tea

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A study published earlier this year that combined data from a host of earlier reports found a nearly 20 percent reduction in the risk of heart attack and a 35 percent reduced risk of stroke among those who drank one to three cups of green tea a day. Those who drank four or more cups of green tea daily had a 32 percent reduction in the risk of having a heart attack and lower levels of LDL cholesterol. Four cups of green tea may keep you running to the bathroom, but you can get the same benefit from drinking one cup of matcha tea, which is made from ground green tea leaves and is said to be the nutritional equivalent of 10 cups of regular green tea.

BENEFITS OF DRINKING TEA

- tea can boost your immune system
- can soothe your digestive system
- tea has less caffeine than coffee
- tea can reduce your risk of a heart attack or a stroke
- helps with weight loss
- tea contains antioxidants
- keeps you hydrated
- creates a calmer state of mind
- protects and strengthens your bones

DIFFERENT TYPES OF TEA AND REASONS FOR DRINKING:

- Chamomile Tea: has a calming and relaxation effect
- Peppermint Tea: helps with nausea or indigestion
- Ginger Tea: fights diseases
- Hibiscus Tea: has a positive effect on low blood pressure
- Sage Tea: known for having a positive effect on brain based diseases like Alzheimer's
- Lemon Tea: improves DNA damage
- Passionflower Tea: relieves symptoms of anxiety and stress



Unwind

A recent study report out of the US declared a discovery of a method by which unwinding neurons in the brain work in sync to enhance memory. Researchers established that more grounded and all the more enduring recollections are probably going to be formed when a person is relaxed and the memory-related neurons in the brain fire in a state of harmony with certain brain waves. It can be stated that there are benefits of relaxation in mental health as well.

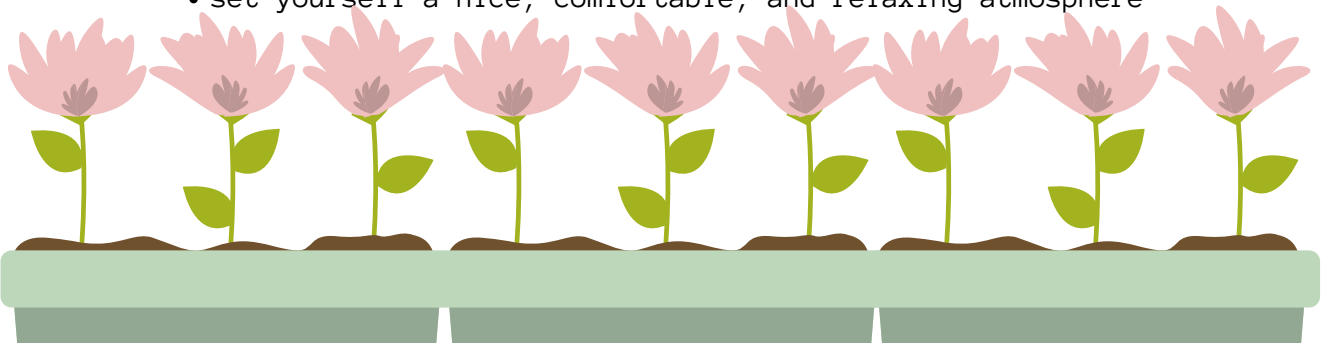
Dr Kerrie Buhagiar, Director of Service Delivery at ReachOut Australia, said the indications of stress can be distinctive for everybody except there are various basic symptoms to pay special mind to, e.g. feeling stressed, restless or grumpy, being not able focus or hold memory, control thoughts or get a decent night's sleep.

BENEFITS OF UNWINDING:

- gives you a great kick of energy
- you can enhance your immune system
- helps reduce stress related headaches
- allows you to take a small break from reality
- can give you a much better nights sleep!
- it gives your brain time to recharge
- brings your mind to the present
- gives you a great break from technology

HOW TO UNWIND:

- take a long hot shower or bath
- play an instrument
- read a book
- turn your phone off two hours before bed
- spend some time in nature
- think about past memories that make you happy or relaxed
- find three good things that happened in your day
- lie down with a weighted blanket
- set yourself a nice, comfortable, and relaxing atmosphere



Volunteer

Volunteers, such as those at Mayo Clinic Health System, perform critical roles in assisting patients, families and staff. They serve as greeters providing patient room information and directions, as transporters of patients and patient items, and as surgery and Critical Care waiting room attendants. They make prayer shawls, blankets, sweaters and hats typically given to newborn babies and cancer patients. Services they provide include working in the hospital gift shop, performing clerical duties for staff and offering pet therapy to patients through the Paws Force team. The work that volunteers provide is essential to everyday processes, which gives volunteers a sense of purpose.

“As life expectancies increase, it’s important, from a public health standpoint, to delay the onset of diseases associated with aging,” explains senior author Linda Fried, dean of the Mailman School of Public Health at Columbia University. “This study suggests that new kinds of roles for older adults in our aging society can be designed as a win-win, for addressing important societal needs, such as our children’s success, and simultaneously the health and well-being of the older volunteers themselves.”

BENEFITS OF VOLUNTEERING:

- volunteering helps you meet new people and you can develop relationships
- may reduce stress levels
- gives you a sense of purpose
- decreases risks of depression
- may lower blood pressure
- can boost your self esteem
- makes you feel good and can also make others feel good
- contributes to living a longer, happier life

KEEP THESE THINGS IN MIND WHEN VOLUNTEERING:

- know what you want to give to others and why you are there
- know when you can and can't commit
- keep in mind who and what is out there for volunteering
- ask yourself what your volunteering goals are



Write down your ^W intentions for the day

One study called "The Gender Gap and Goal-Setting," found that both men and women need to do a much better job of writing down their goals (although men did perform a bit better than women on this issue). Study participants were asked to rate the question "My goal is so vividly described in written form (including pictures, photos, drawings, etc.) that I could literally show it to other people and they would know exactly what I'm trying to achieve." Sadly, fewer than 20% of people said that their goals were 'Always' written down this vividly.

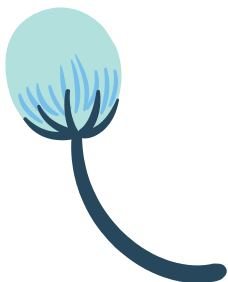
You become 42% more likely to achieve your goals and dreams, simply by writing them down on a regular basis.

BENEFITS OF WRITING DOWN YOUR INTENTIONS:

- it will keep you a lot more motivated
- you will be more likely to accomplish your goals if you write them down
- you will become more aware of the things you do
- gives you a chance to believe in yourself more
- you start off you day with reason
- it keeps you on track

HOW TO SET YOUR GOALS:

- feel your goals out...before writing them down, feel them out and think of how you will achieve them
- understand your goals and don't judge yourself
- set goals that your truly want to accomplish even if they are small and personal goals
- share your goals to see if anyone will help you
- take action with your goals so you can achieve them



X

XOXO

One study reports that brain scans have revealed that affective touch activates the orbitofrontal cortex, a brain region associated with learning and decision-making as well as with emotional and social behaviors.

Certain experiments have also suggested that romantic kissing is an important tool – particularly for women – when it comes to choosing a partner, because the personalized chemical cocktail found in an individual's saliva conveys important information to the brain about their physiological compatibility.

BENEFITS OF PHYSICAL TOUCH (AKA: HUGGING AND KISSING):

- physical touch inspires positive thinking and trust
- may reduce social anxiety for some
- can boost your immune system
- soft touches like hugs reduce the risk of violence in relationships
- can result in stronger team dynamics/working together

WHAT TO KEEP IN MIND WITH PHYSICAL TOUCH:

- some people may not like to be touched
- use a soft or gentle touch...it allows the you to feel more calm on the receiving end



Yoga

National survey results from 2012 show that many people who practice yoga believe that it improves their general well-being, and there is beginning to be evidence that it actually may help with some aspects of wellness including stress management, balance, positive aspects of mental health, and promoting healthy eating and physical activity habits.

The 2017 National Health Interview Survey (NHIS) found that the use of yoga by U.S. adults increased significantly from 2012 (from 9.5 percent in 2012 to 14.3 percent in 2017). The percentage of U.S. children who used yoga more than doubled during this time (from 3.1 percent in 2012 to 8.4 percent in 2017).

BENEFITS OF PRACTICING YOGA:

- it can decrease stress
- can relieve anxiety
- could improve heart health
- improves the equality of life
- may help fight depression
- could reduce chronic pain
- could improve sleep quality

DIFFERENT TYPES OF YOGA:

- Hath Yoga: a slower moving class that focuses on the basic moves
- Vinyasa Yoga: this is the dynamic practice of yoga where you link your breathing with each pose
- Iyengar Yoga: in this practice you work on your body's alignment in each pose by using props like yoga blocks
- Ashtanga Yoga: this practice is more for intermediate people
- Hot Yoga: a practice where your body can "move deeper" as a result of the heated area



Zero Tolerance

Keeping a zero tolerance law for yourself is key. Easier said than done, but when you keep a zero tolerance rule, you will feel more confident and care less about what others think. A zero tolerance rule is when you do not allow others to talk badly about you or to gossip. Keeping zero tolerance rule will only make you stronger by accepting hurtful words from others around you.

Occasionally, negative people in your lives can be good for us. If no one ever said something hurtful to your face, you may have a harder time living in the real world. You learn more about yourself when you get hurt and you only become stronger.

BENEFITS OF KEEPING A ZERO TOLERANCE RULE:

- you will begin to feel stronger and more confident in your choices
- you will see yourself happier and less sensitive
- you will stop worrying about what other people think
- you will do more things for yourself instead of doing it to please others

WHAT TO KEEP IN MIND WITH A ZERO TOLERANCE RULE:

- try to ignore the hurtful comments people say
- be true to yourself
- negative comments someone says is always about them...not you
- try to think if there is anything going on in their lives



Resources

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