



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

About Me

This little booklet is my gift to you.

I hope you will use it and really make it a practice in your daily life.

I would be thrilled to hear from you. Let me know how it's going and what changes you have made.

You can email me at jane@imaginegreatliving.com.

For more information on what I have to offer as a certified health coach, visit my website at www.imaginegreatliving.com

And my Facebook page at www.facebook.com/imaginegreatliving

I've found that once we align our thoughts with our ideal vision for the future, weight loss and vibrant health are so much easier to achieve.

I love sharing what I've learned with others, so they, too, can reach their goals and live their happiest, healthiest lives.

In appreciation,

Jane