



Newsletter

September/2024

Self-Care

As a behavioral health professional and life coach, I admire those whose belief system includes a daily routine of self-care rituals and habits that contribute to health and overall wellbeing. The list of self-care activities is quite long and can be personalized to fit a person's interests, lifestyle and goals.

Self-care pursuits can be hobbies such as drawing or painting, writing, blogging, or journaling, volunteering, cooking, photography, learning a new language, playing an instrument, creating art in a variety of forms, crafting, meditation, or prayer, or joining a bowling league. They can also encompass different forms of exercise which contributes to heart health, and emotional and mental clarity through the release of endorphins which produces a state of relaxation and exhilaration.

Sometimes, self-care means taking time out of one's busy schedule to indulge in a hot shower or bath with essential oils and candles, or spending alone time with a spouse, significant other, or partner. Self-care can also mean quitting un-useful or unhealthy habits such as smoking, drinking alcohol, or using another mind-altering substance, and creating a new, positive habit to take its place.

Whatever the case may be, creating a plan for self-care is vital for one's emotional, mental, physical, and spiritual wellbeing.



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CHOOSE ONE...

- ❖ Visit a farm to pick your favorite fruit, taste hot or cold apple cider, go for a hay ride, plant yourself in the pumpkin patch
- ❖ Take a bike ride or go for a hike outdoors, alone or with a friend or family member
- ❖ To get the creative juices flowing, decorate your home for the fall season, or help someone decorate theirs
- ❖ Sign-up for an online class and record your efforts
- ❖ Create a bucket list of 10-20 things you would like to do in the coming years
- ❖ Consider 2-3 types of exercise you could vision yourself engaging in and make a plan!

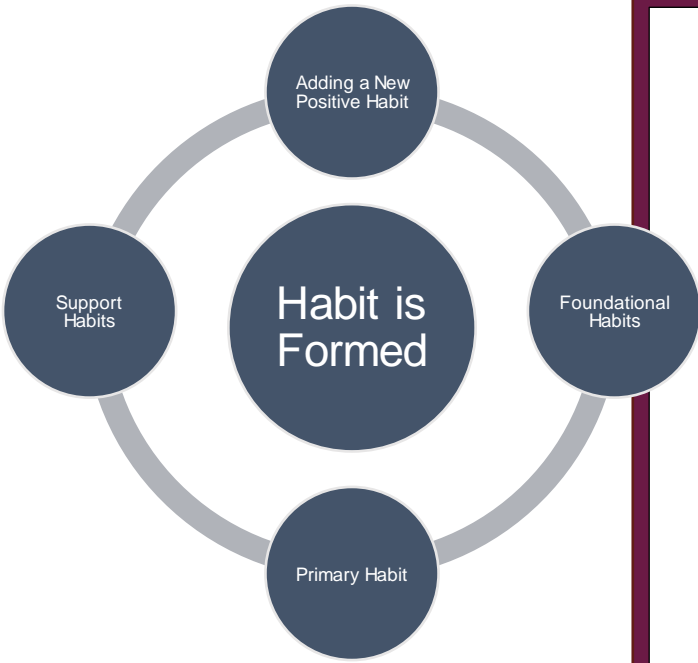



Creating Positive Habits

Habits are powerful tools for personal change. Our character, health, and virtually every aspect of our lives are indeed determined by our habits. Listed below is a chart that shows the stages of habit formation.

“Life is like a piano; the white keys represent happiness and the black show sadness. But as you go through life’s journey, remember that the black keys also create music.”

—Ehssan



- + Create a new healthy habit each month
- + Do research to find a hobby of interest and make it “Your Thing.”
- + Write-out daily/weekly/monthly goals and complete them!
- + Join an online forum or group with like-minded people
- + Reward yourself with something healthy for attaining each goal