

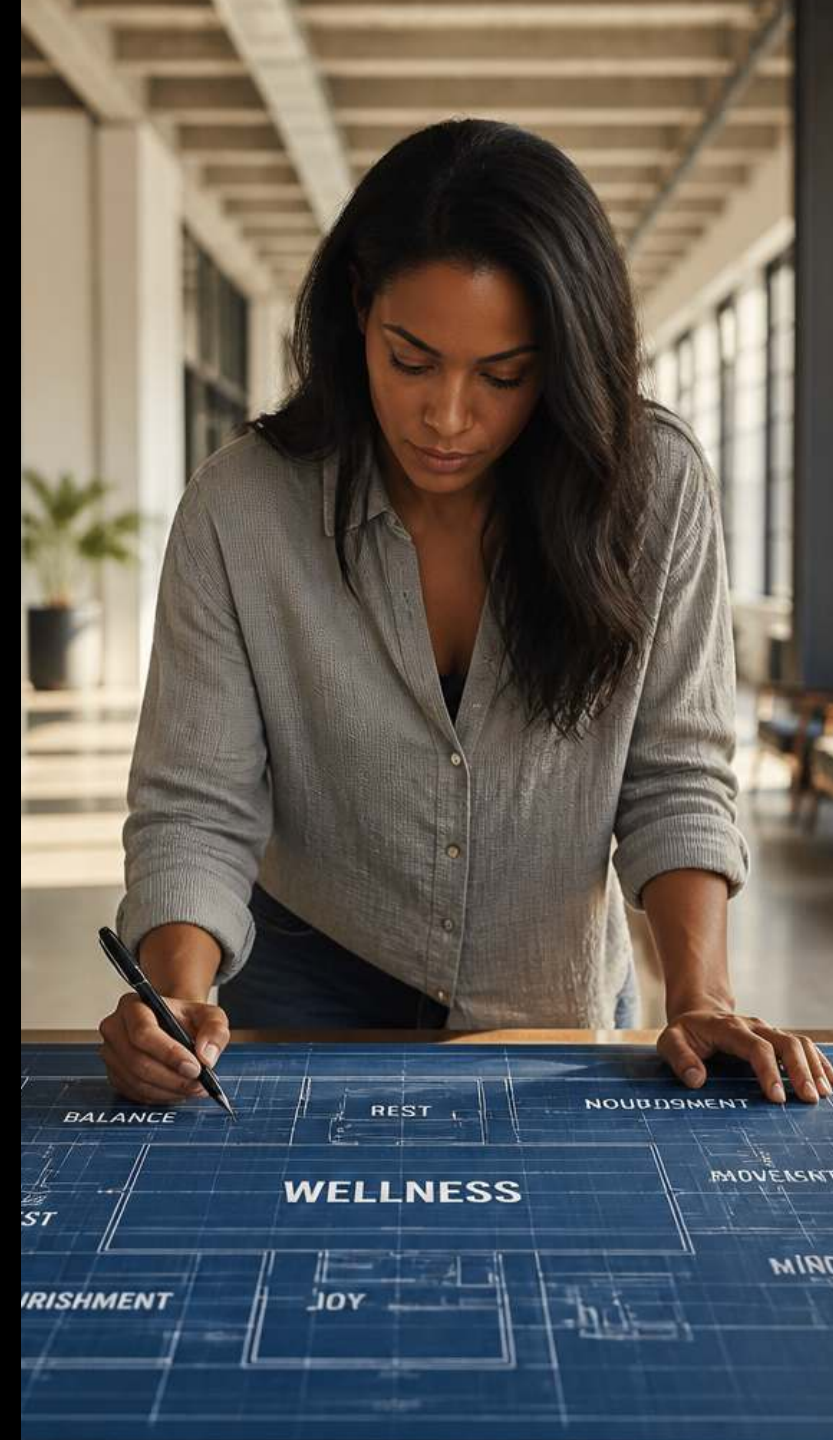


MAKING SPACE TO HEAL

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# Journey to Extraordinary

A Transformative Self-Care Blueprint



# The Six Points of Wellness

A compass to direct nurturing every aspect of your well-being through sustainable, actionable growth.



- **Physical**  
Building a solid foundation for health through sustainable habits.
- **Emotional**  
Developing resilience and nurturing your inner mental state.
- **Behavioral**  
Implementing consistent, positive lifestyle modifications.
- **Social**  
Cultivating meaningful connections and community support.
- **Occupational**  
Finding purpose, balance, and growth in your professional life.
- **Spiritual**  
Connecting with your deeper values and sense of meaning.

**Consistency beats perfection—your path to the most vibrant, authentic version of yourself starts here.**

# Your Path to Sustainable Self-Care

A foundational approach to building long-term wellness habits



## Shift Your Perspective

Reframe self-care as an essential practice rather than an act of selfishness.



## Embrace Flexibility

Avoid the pressure to implement every practice simultaneously; allow for adjustment.



## Start Small

Focus on a few resonant practices to build a solid, sustainable foundation.



## Prioritize Consistency

Value steady, daily effort over the pursuit of sporadic perfection.



## Build Familiarity

Transform new habits into natural, safe routines through consistent repetition.

# Caring for Your Physical Self

Building the foundation for your journey to extraordinary through sustainable, daily choices.



- **Preventive Care**

Stay proactive with annual physicals, blood pressure monitoring, dental cleanings, and eye exams.

- **Nutrition & Hydration**

Hydrate with 8-10 glasses of water daily and focus on whole foods and intentional meal planning.

- **Sleep Hygiene**

Establish a consistent sleep schedule and digital curfew to achieve 7-9 hours of restorative rest.

- **Movement & Mobility**

Aim for 150 minutes of cardio weekly, paired with resistance training and daily flexibility work.

- **Recovery & Posture**

Protect your joint health by prioritizing rest, low-impact exercise, and ergonomic awareness.

# Caring for Your Emotional Self

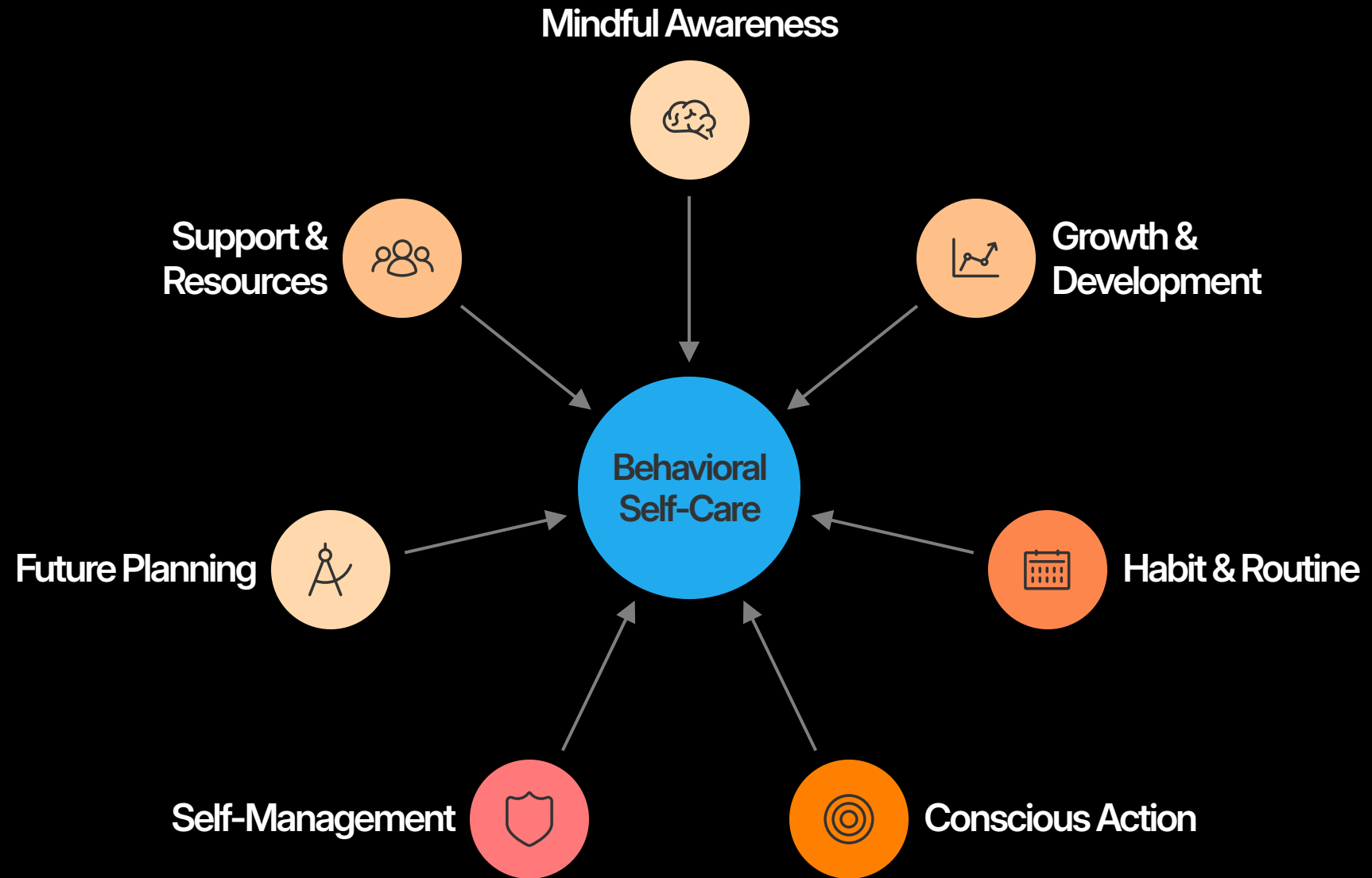
Emotional self-care involves developing a healthy, conscious relationship with your inner experiences. It requires building the capacity to recognize, understand, and navigate emotions with resilience.

- **Mindfulness & Awareness:** Body Scan, Mindful Breathing, Walking, Eating, Tension & Heart Rate Awareness.
- **Emotional Regulation:** Emotion Journaling, Weather Reports, Regulation Timers, Release Exercises, Body Temperature Regulation.
- **Self-Compassion & Resilience:** Self-Compassion Breaks, Affirmations, Inner Child Work, Mirror Work, Appreciation Practice.
- **Grounding & Boundaries:** 5-4-3-2-1 Technique, Sensory Kits, Progressive Muscle Relaxation, Body Boundaries.



# Caring for Your Behavioral Self

Developing awareness through non-judgmental growth and compassionate observation.





## Practice Guide

# Caring for Your Social Self

Social self-care is about balancing intentional connection with clear personal boundaries. Use these practices to foster healthier, more authentic social interactions:

- **Foundations & Boundaries:** Set clear social and digital limits; conduct 'friend audits' to ensure mutual growth.
- **Building Connections:** Cultivate relationships through one-on-one meetings, interest-based groups, or community service.
- **Communication Skills:** Prioritize active listening and authentic expression; build confidence through practice.
- **Energy & Safety:** Identify your 'Safe Person' list and build recovery time into your social schedule.
- **Consistency:** Establish social rituals and maintain reciprocal support systems.

# Caring for Your Occupational Self

Intentional practices for a fulfilling work life and sustainable professional growth.



## Professional Development

Create a roadmap with clear milestones and track performance metrics.



## Skill Advancement

Pursue certifications, seek cross-training, and refine technical skills.



## Continuous Learning

Dedicate time to online courses, industry research, and monthly reading.



## Sustainable Habits

Implement productivity tools and maintain a strong professional brand.



## Professional Network

Cultivate mentorship, attend industry events, and join peer learning communities.



## Leadership & Documentation

Build a project portfolio and proactively seek leadership opportunities.

# Caring for Your Spiritual Self

Nurturing connection, purpose, and inner peace



- **Reflection & Mindfulness**  
Engaging in daily meditation, silent retreats, and contemplative writing.
- **Space & Ritual**  
Creating sacred spaces, developing rituals, and engaging with sacred art.
- **Nature & Stewardship**  
Practicing intentional nature connection and environmental stewardship.
- **Community & Service**  
Building community, interfaith dialogue, wisdom sharing, and active compassion.
- **Daily Practice**  
Incorporating gratitude journaling, conscious living, and spiritual reading.
- **Mindful Expression**  
Utilizing sacred music and mindful movement like yoga or tai chi.

## Core Principles

# Welcome to Your Transformation

Self-care is essential, not selfish. By prioritizing intentional wellness, we can achieve lasting balance across all areas of life.

- **Core Philosophy:** Prioritize intentional wellness.
- **Mind:** Cultivate clarity and mental resilience.
- **Body:** Sustain physical vitality through consistent habits.
- **Spirit:** Foster purpose and inner balance.

Consistency beats perfection.



# Getting Started

A simple guide to beginning your wellness journey



## Review the six areas of well-being

Gain a comprehensive understanding of the different dimensions of health.



## Choose practices that resonate with you

Select specific activities or habits that align with your personal goals and current capacity.



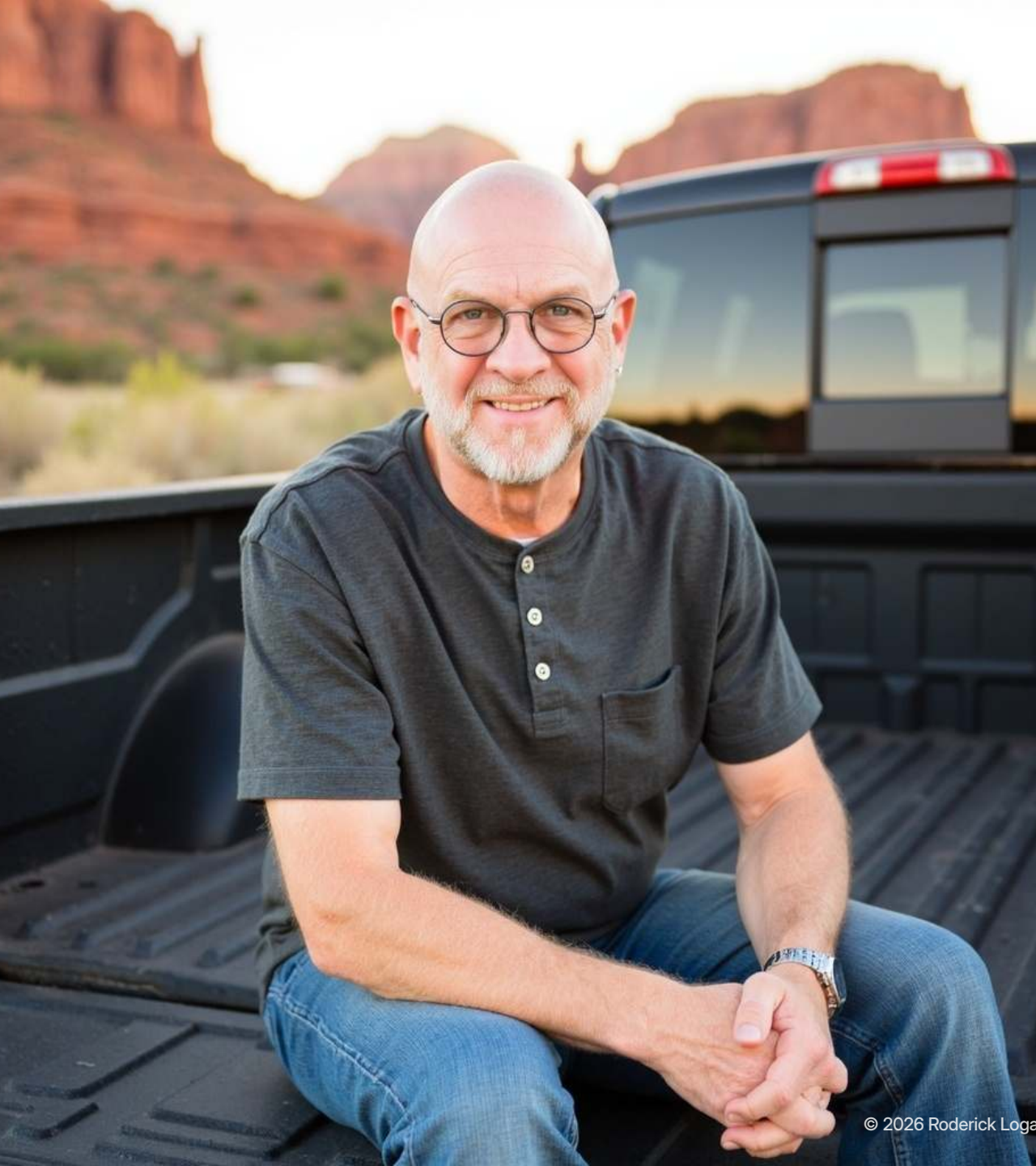
## Implement gradually

Avoid the temptation to change everything at once; start with small, manageable actions.



## Focus on consistency

Prioritize regular repetition over intensity to build familiarity and make wellness a natural part of your routine.



**Self-care is the  
daily decision to  
build a life that  
can hold you.**

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