

SELF CARE DURING STRESSFUL TIMES

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.”— Parker Palmer,



1 ACKNOWLEDGE YOUR EMOTIONS

Moodiness comes with stress. A further sign of health is that we don't become undone by fear and trembling, but we take it as a message that it's time to stop struggling and look directly at what's threatening us, said Pema Chödrön.



2 STRETCH YOUR BODY

Release tension. If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.



3 GET RESTFUL SLEEP

Never underestimate the power of rest. The greatest miracle on Earth is the human body. It is stronger and wiser than you may realize, and improving its ability to self heal is within your control, said Dr Fabrizio Mancini.

4 INCREASE FRUIT & VEGETABLE INTAKE

Eat as healthy as possible. Freedom from obsession is not about something you do; it's about knowing who you are. It's about recognizing what sustains you and what exhausts you, says Geneen Roth.



5 GET SOME EXERCISE

Take A Walk. If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with, said Deepak Chopra.

6 BUILD YOUR IMMUNE SYSTEM

Take your vitamins. The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.

7 START A NEW HOBBY

Be open to something new. Learn to follow the inner self, healing is simply attempting to do more of those things that bring joy and fewer of those things that bring pain, said O. Carl Simonton .

8 STOP STRESSING & GIVE YOURSELF GRACE

Nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear, said Steve Maraboli.