

### Activity 12.3: Self-Care Practices Self-Assessment

Use to assess self-care practices relating to sleep, food intake, water and body weight.

**Suggestion.** Demonstrate your commitment to your self-care by assessing your body composition, your current progress in this area, and then identifying what your targets, strategies and goals could be. Place check marks next to the self-care practices that you do *most of the time*.

- ◇ **I eat well.** I eat daily at least three or more wholesome meals with a total of:
  - three servings of whole grains (or other source of fiber and B vitamins)
  - enough protein to meet my protein needs (~ 1 g per kg/d)
  - five servings of a variety of fruits and vegetable
  - oils from good sources, including salmon, avocado, nuts and seeds
  - either sufficient calcium-rich foods (with Vitamin D) or vitamin supplements
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- ◇ **I drink 6 or more cups of clean water throughout the day.**
  - I limit sodas and drinks with added sugar and sugar additives
  - I monitor my consumption of alcohol and caffeine-containing beverages
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Suggestions for more water: Add ice, warm beverages, or carry a water bottle that appeals to you; make sure you have easy access to water while driving, while at work, while traveling, and when watching TV. Drink a glass or two of water first thing in the morning, mid-morning, mid-afternoon, as soon as you get home, and when you brush your teeth.

- ◇ **I get the sleep I need for adequate rejuvenation and recovery.**
  - I rest seven to nine hours a night and catch up on days off as needed

Suggestions for more and better sleep (adapt as needed):

- Stick with a consistent, peaceful bedtime routine, starting an hour before you want to sleep.
- Don't do anything mentally taxing within two hours of sleeping.
- Consider light stretching, yoga, or meditation and natural remedies before bed.
- Make your bed a place of sleep; don't use the computer, your phone or eat in your bed.
- Buy a high-quality bed, a bed frame, sheets and an alarm clock to get you up at the same time each day. Keep your room cool and dark; use a fan, AC, eyeshade or earplugs
- If something is bothering you and keeping you from sleeping, resolve it.

- ◇ **I consistently practice moderation.**
  - I listen to my body cues; I eat when hungry and stop when full. I never binge or stuff myself
  - I keep added sugars, salt, and alcohol in check most of the time
  - I balance caloric intake with exercise to either lose or maintain weight as desired
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*Circle at least one, and no more than 3, habits that if not changed could result in major problems. If you want to pursue improving this habit (or cluster of habits) as a goal, please next move on to Activity 21. Wellness Compass Journey. Step. 2.1*