

10 REASONS SELF-CARE IS IMPORTANT

1 When you are challenged both physically and mentally, you push yourself to be better.

It allows you to find your misplaced self-esteem. **2**

3 It helps you manage your emotions like anger and grief.

It allows you to overcome fear that might hold you back from things you enjoy. **4**

5 Positive thinking is an integral part to a healthy life & self-care allows you to find peace and happiness within.

Regularly practicing self-care techniques reduces stress & leaves you feeling calm and in more in control. **6**

7 It gives you time to relax, meditate and reflect on issues and how to solve them.

You are able to live a more balanced life. **8**

9 It gives you renewed energy.

Your mind and soul are in harmony with the things happening around you. **10**

SELF-CARE menu

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN A FEW ACTIVITIES THAT WOULD SUPPORT YOUR SELF-CARE. THEN YOU CAN QUICKLY CHOOSE SOMETHING BENEFICIAL WHEN YOU NEED IT!

	PHYSICAL	EMOTIONAL	SOCIAL	MEANING
5 MINS	Deep breathing Stretching Drink some water	Deep breathing Grounding exercises Mindfulness	Message someone Give a hug Pay a complement Cuddle Maggie	Make space in calendar for meaning-focused activities
30 MINS	Skincare Dance around the house Go for a walk	Practice gratitude Journal about today	Call someone Check in with yourself re boundaries	Reading Jigsaws Work on sharing knowledge with others
1 HOUR	Warm bath Prepare a nourishing meal Go to the gym	Choose a journal prompt & explore your thoughts and feelings	Plan an activity with someone Attend social group	Learn something new Do something creative
HALF DAY	Meal prep Long walk somewhere further afield	Explore topics related to emotional wellness	Do an activity with someone Contribute to community	Visit somewhere new locally Do something creative
FULL DAY	Pamper day	Visit someone further afield who is part of your support network	Spend quality time with people you care about	Explore somewhere new

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HEALTHY COMMUNITIES

Need Access to Self-Care Health Resources?? Contact Community Health Worker Team: 251-415-8737 | chws@southalabama.edu

CARDIOVASCULAR DISEASES

DEADLY AND COMMON

CARDIOVASCULAR DISEASES CLAIM A LIFE EVERY **40 SECONDS**.

HEART DISEASE

STRIKES SOMEONE EVERY **42 SECONDS**, AND IS THE LEADING CAUSE OF DEATH WORLDWIDE.

STROKE IS THE LEADING **PREVENTABLE** CAUSE OF DISABILITY, AND CAUSES 1 OUT OF EVERY 20 DEATHS.



ABOUT **80 MILLION** ADULTS HAVE **HIGH BLOOD PRESSURE**.

ABOUT **550,000** PEOPLE IN THE U.S. HAVE A **HEART ATTACK FOR THE FIRST TIME** EACH YEAR.

ABOUT **200,000** HAVE **RECURRENT HEART ATTACKS**.

American Heart Association. "Heart Disease, Stroke and Research Statistics At-a-Glance." Available at: https://www.heart.org/ide/groups/ahamah-public/@wcm/@sop/@smd/documents/downloadable/ucm_480086.pdf. Accessed; 8-2-16.

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Tips To Manage Healthy Heart



1 Get Healthy

Get at least 30 mins of moderate physical activity 5 times a week



2 Manage Your Weight

Being overweight can increase your risk of heart disease



3 Limit or cut out

Salt, saturated fats, alcohol, simple sugars and processed foods



4 Eat your way to a healthy heart

- Eat 5 portions of fruits & vegetables a day
- Eat fish twice a week



5 Get enough sleep

6-8 hours of sleep is recommended each night



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