

LSC NATURAL SELF-CARE

WORKBOOK



**TOP
10**

**NATURAL HEALTH
NATURAL WELLNESS
NATURAL BEAUTY**

**Tips to increase health &
vitality and decrease stress
& anxiety
inside and out.**



THIS TIME IS FOR YOU

Breathe. Let go.

And remind yourself that this very moment is the only one you really have for sure.

-Oprah Winfrey

If your **compassion** does not include yourself, it is incomplete.

-Jack Kornfield

...if you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and **restore** yourself.

-Dalai Lama



STRESS TEST

ANSWER THE FOLLOWING QUESTIONS

Have you had a major life change in the last few months? (move, divorce, death of a loved one, job change, home renovation, personal illness, menopause, new home purchase, marriage, end of relationship, etc?)

Y N

Are you unable to take at least 30 minutes out of each day to do something positive for yourself: exercise, meditate, read, perform a hobby?

Y N

Are you too busy to exercise regularly, at least three days a week?

Y N

Does your life feel out of balance? Not enough "you" time?

Y N

Are you irritable most days?

Y N

Do you have a hard time delegating, feeling like you have to do everything yourself?

Y N

Are you prone to illness (colds, minor aches/pains, migraines)?

Y N

Do you have dark circles under your eyes?

Y N

Is it hard to unwind after most days?

Y N

Do you have a hard time saying "no" then get mad at yourself and feel stressed for saying "yes"?

Y N

Do you have difficulty focusing or concentrating on the task at hand?

Y N

Are you tired most of the time?

Y N

Do you feel like you're being stretched to the breaking point?

Y N

Count the number of "yes-es"

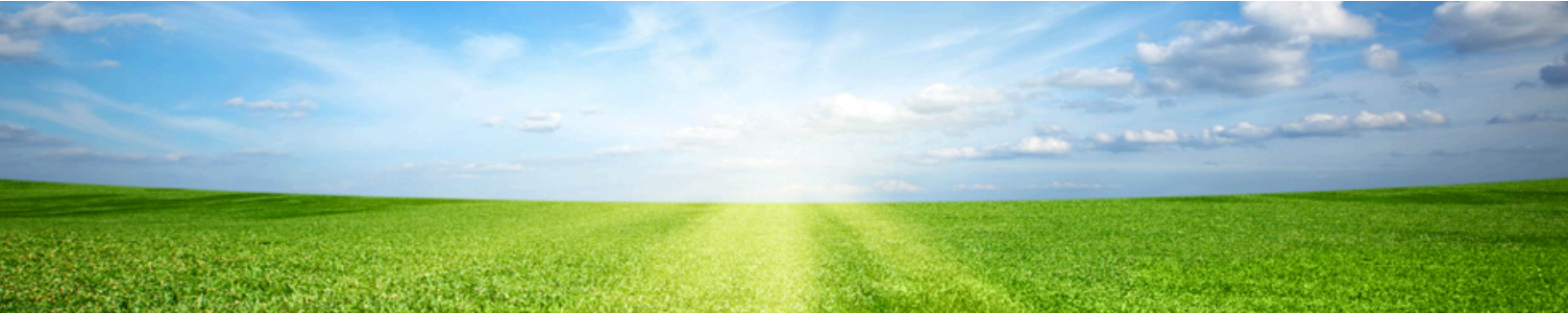
0= Congratulations! You have no stress in your life!

1-4= Moderate stress.

4-8= Serious stress.

8-12= Extreme stress.

12 or more= Overwhelming stress



BENEFITS OF SELF-CARE

1

MAY BOOST PHYSICAL HEALTH

While self-pampering doesn't always lead to major improvements in overall health the way healthy diet and exercise do, the relaxation you get from it can trigger the relaxation response.

2

CAN IMPROVE EMOTIONAL HEALTH

Taking time out to care for yourself can remind you and others that you and your needs are important, too. Having a well-cared-for body can make you feel good about yourself and your life, and conveys to others that you value yourself.

3

MAKES YOU A BETTER CAREGIVER

People who neglect their own needs and forget to nurture themselves are at danger of deeper levels of unhappiness, low self-esteem, and feelings of resentment. And people who spend their time only taking care of others can be at risk of getting burned out, which makes it more difficult to care for others or themselves.

4

SLOWING DOWN MAKES YOU MORE PRODUCTIVE.

Maybe it is saying no to commitments that don't serve you, carving out time in your day for yoga or coffee with a friend or simply taking a few deep breaths before a meeting. All of these actions bring us back to the present moment and help us to re-focus on what is TRULY important.

Health TOP 10 tips

1. **Hand Washing:** As many as 80 percent of infections are transmitted via contact like sneezing, coughing or touching surfaces that have been sneezed or coughed on, and then touching your mouth, eyes or nose, which are the conduits of viruses into the body. Wash hands before eating, drinking or touching your face, and disinfect shared surfaces in the home (like the bathroom) and the office, like phones, computers and fridge door handles.
2. **Sleep:** While you're at rest, your body gets to work repairing cells and injuries you may have incurred during the normal day's wear and tear. Getting your seven to nine hours a night means your body can repair and heal itself and ward off infections.
3. **Exercise:** Getting your blood pumping regularly can increase the activity of a type of white blood cell that attacks viruses. Try for an hour a day -- but not necessarily all at once. Any type of movement, walking around the office, up stairs, down stairs, to and from work -- it doesn't have to be continuous, it just has to be.
4. **Zinc:** Getting the proper amount of the right nutrients and minerals as part of a healthy diet gets the body in optimal condition to fight its battles. This means cutting back on sugary, fatty foods and upping your intake of vegetables, fruit and lean protein. Zinc interferes with viruses gaining full access to our cells, it may block certain metabolic activity and foods rich in zinc, like oysters and wheat germ, may offer some protection.
5. **Garlic:** The anti-microbial properties of this pungent bulb (and its relative, the onion) can fight off certain bacteria and viruses, as can the compounds in other herbs and spices, like thyme. It's likely due to the compound allicin, which seems to block infections.

6. **Water:** Indoor winter air is much dryer than our bodies would like. Without sufficient moisture, "immune system cells can't optimally work," so it's important to stay hydrated.

7. **Skippping Happy Hour:** Alcohol suppresses both the part of the immune system that protects you from coming down with something and the part that fights off the germs already in your system, so knocking a few too many back can put you at increased risk for catching the bug going around -- and having trouble kicking it.

8. **Laughter:** A positive attitude can take you far. Along the way, a life of laughter and optimism could also help you sniffle through fewer bouts of the flu or colds. While there's much that's still not well understood about the process, it seems that certain immune cells are produced by a big belly laugh. It might also have something to do with the amount of oxygen taken in while laughing.

9. **Massage:** A favourite solution for de-stressing, massage can also help you stay physically healthy. While there's been little research into exactly how it works, massage certainly increases blood circulation, which may help promote the general "state of wellness" in the body. Nutrients are passed around better, the blood flow is better. When you rest during massage the body can repair.

10. **Sex:** A 1999 study found that getting frisky a couple of times a week can boost immunoglobulin A, an antibody that fights off colds. There is increased blood circulation and intake of oxygen. Just make sure your partner isn't sick.

Wellness

TOP 10 tips

2. **Try to get between 1 and 3 grams of omega-3s a day:**

There is some evidence that omega-3 fatty acids may ease anxiety symptoms and lift your mood by lowering levels of stress chemicals such as adrenaline and cortisol in the body. Canned fatty fish, such as tuna and salmon, walnuts, and flax seeds are all great sources of omega-3 fatty acids. An Israeli study found that students given fish oil supplements had less test anxiety as measured by their eating and sleeping habits, cortisol levels, and mental states.

3. **Breathe in lavender:** One study found that people who received a massage with lavender oil were more upbeat and had less stress than people who had a lavender-free massage. Another found lavender massage can even lower systolic pressure, the top blood pressure number that's associated with stress.

4. **Add L-lysine to your diet:** L-lysine is an amino acid and one of the building blocks of your brain's chemical messengers called neurotransmitters. Studies have shown that people taking L-lysine supplements had reduced symptoms of anxiety and reduced levels of stress hormones. L-lysine is commonly found in meat, fish, and beans, and is also sold as an oral supplement.

1. **Try to drink three cups of chamomile tea a day when you're feeling stressed:**

Chamomile contains two chemicals that promote relaxation, apigenin and luteolin. A study at the University of Pennsylvania Medical Center found that patients with generalized anxiety disorder who took chamomile supplements for eight weeks had a significant decrease in anxiety symptoms compared to patients who were given a placebo.

5. **Try to get outside in natural sunlight for 15 minutes a day:** Naturally increase your vitamin-D levels, which can decrease symptoms of depression and anxiety. If you're stuck in an urban area, look for parks or quiet tree-lined streets to take a stroll.

6. **Studies show 21 minutes is all it takes for exercise to reliably reduce symptoms of stress:** Flood your body with feel-good endorphins! Some researchers even believe that increasing your body heat, a natural result of exercise, may alter neural circuits controlling cognitive function and mood, including those that affect the neurotransmitter serotonin.

7. **Take a hot bath with Epsom salts:** A soothing hot bath is always calming, and raising your body heat may help regulate mood and anxiety. For added benefits, stir in some Epsom salts.

8. **Cut out (or down) caffeine:** Caffeine boosts your energy, and can make you jittery and anxious. If you can't go cold turkey, try reducing by a cup a day. You can also try switching to a drink with less caffeine and more health benefits, such as green tea.

9. **Examine your diet, and watch for:** Deficiencies in magnesium, vitamin B12, and zinc have been linked to symptoms of stress and anxiety. Vegans and vegetarians, in particular, should watch their B12 intake, as the vitamin is only found in animal products. Studies link an unhappy gut with an unhappy mind, so avoid eating difficult to digest foods like processed meals, foods high in saturated fats, and fried foods. Finally, don't let yourself become so hungry that your blood sugar drops, which can lead to an anxiety attack.

10. **Eat these foods to help provide anxiety relief:** Blueberries and peaches contain nutrients that relieve stress and have a calming effect. Whole grains are rich in magnesium and tryptophan, an amino acid that your body converts to serotonin which is known to calm and improve your mood. Indulge every once in a while in dark chocolate, which also helps lower cortisol and is delicious!!!

Beauty tips

TOP 10

1. **Unblock Pores** - Clean your face of all make up residue before bed. These oils (like coconut, castor, and olive) break up makeup by binding to dirt and excess sebum. Simply apply, massage, and wipe away the grime. As an added benefit, natural carrier oils are packed with fatty acids and antioxidants which can help to nourish your skin as you cleanse.
2. **Drink Water** - Hydration is key for supple skin and a dewy glow. It's not just about drinking glasses of water but getting water from all sources like: Watermelon, cucumbers, celery, strawberries, lettuce, smoothies, sports drinks, coconut water.
3. **Make Routines** - Facial cleansing should be routine, drinking water should be routine. When you make activities routine they become good habits (see habit tracker included)
4. **Avoid Irritants** - Good ingredients that don't irritate is key to easy skin care maintenance. Read ingredient labels and stay away from harsh chemicals such as: Fragrance "Parfum", dyes "colour", preservatives "methyl-, ethyl-, Propyl-parabens", sulfates "foaming agents in soaps".
5. **Shield skin from bacteria** - Change your pillow case weekly. Oils from the skin and hair stay on pillow cases, even the oils from your nighttime skin care products can get trapped in pillow fibres and trap dirt with dead skin cells.
6. **Oils rejuvenate the skin** - Use a serum at night containing antioxidants along with your moisturizer. This will also help to exfoliate dead skin cells while you sleep.

7. **Exercise/Workout/Move** - A lot of people don't have time to go to a gym or Yoga studio but there are activities you can do at home. Run up that flight of stairs, do some deep knee bends, lift those water bottles instead of bar bells. My favourite is to dance like no one is watching. Moving the body not only helps with blood flow but it also aids in oxygenation, digestion and elimination.

8. **Avoid Junk Foods** - When you feed your body you feed your skin. You wouldn't put anything but the right type of fuel into your car, why would you put anything less into your body? Diet does not have to be considered in extremes; Nutritious and Organic or Fried and Junky, it should be considered as a scale we try to keep in balance. If you eat "this" today, eat some of "that" tomorrow. Your skin will show the results of a balanced diet.

9. **Use a Face Mask** - Once a week will nourish, hydrate and de-stress the skin. It does this by detoxifying the pores, cleansing out excess oils and dirt and feeding the skin with nutrients from whatever the mask is made of; Fruit enzymes, mineral clays or moisturizing oils.

10. **Exfoliate** - Clear away dead skin cells, make way for the new. You can't put cream on cornflakes! A clear canvas will allow products to absorb better and cosmetics to last longer and apply better on to the skin.

Print out the HABIT TRACKER on the following page and record these MINDSET and WORKOUT tips week by week. Plan nutritious MEALS, set positive GOALS and turn the behaviour of SELF-CARE into a habit that will benefit your Health, Wellness and Beauty from the inside out.

HABIT TRACKER

WEEK OF: _____

DAILY

MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....
.....

EVENING

I AM GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS

MOMENT TO REMEMBER

WORKOUT PLAN

ACTIVITY

TIME

REPS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

MEAL PLAN

SUNDAY

M O N D A Y

T U E S D A Y

T H U R S D A Y

F R I D A Y

SATURDAY

GROceries

PRODUCE

PROTEIN

DAIRY

A vertical sheet of paper with ten horizontal lines for handwriting practice. Each line is marked with a large circle on the left and a series of small squares on the right.

GRAINS

FROZEN

[illegible]

MISC

GOAL PLANNER

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

.....

.....

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NOTES & IDEAS:

PROGRAMS

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HEALTHY BEAUTY



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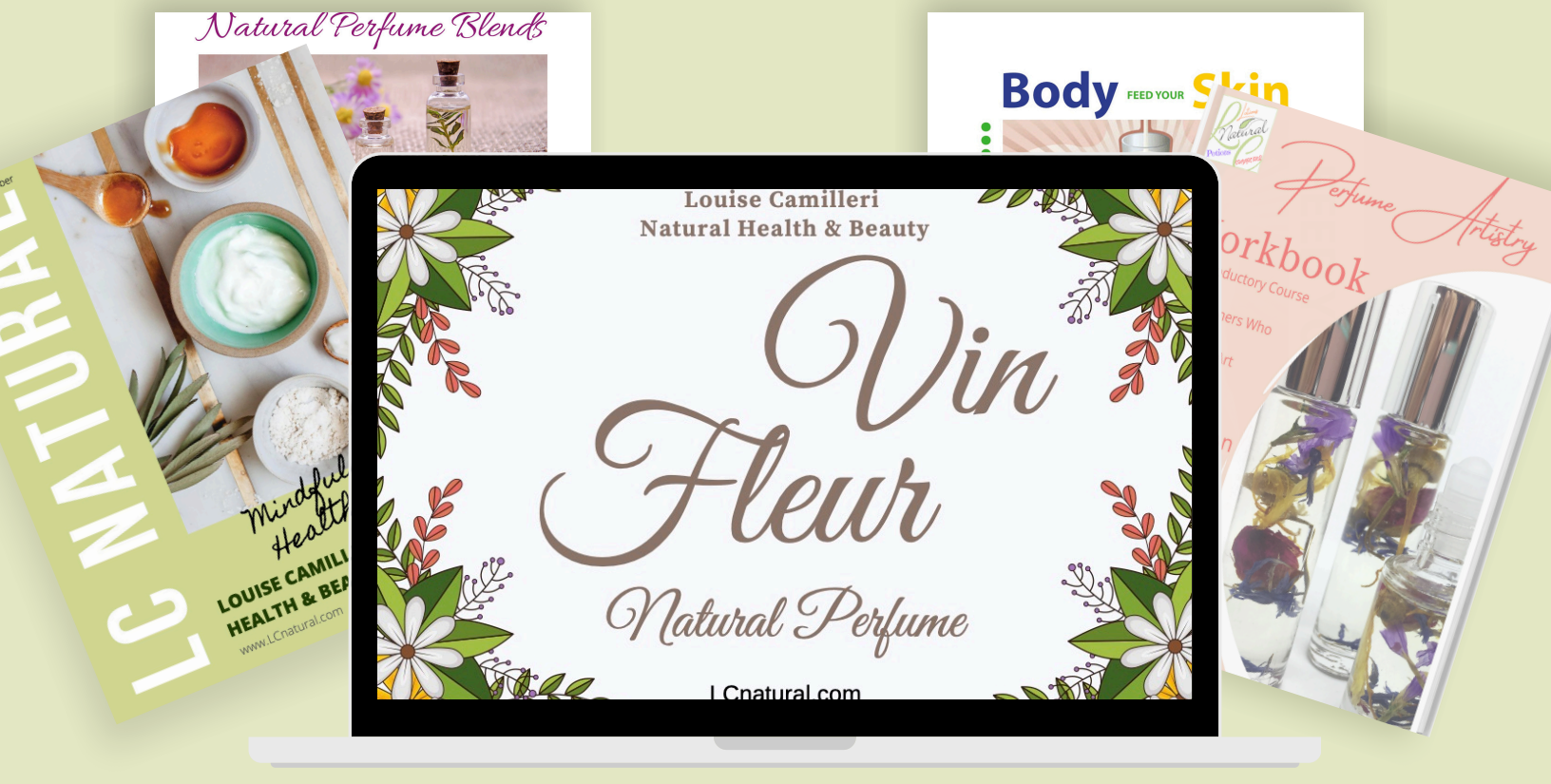
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