GBS Health & Wellness

2021 July

Emotional: *Sustaining Self-Care*

Welcome to July! Self-care has never been more important, and this month gives a great opportunity to take charge of personal well-being. Celebrate July by nourishing a happy, healthy self.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Quick Tip
Self-care should not be considered a luxury, but a priority. Consider why self-care is important and how to implement regular self-care practices day-to-day.

July 4th - Independence Day
The American Red Cross reminds us to practice firework, grilling, and water safety during this fun holiday. Exercise appropriate precautions during celebrations to take care of your physical-self.

July 24th - Happy International Self-Care Day!
This recognition day provides an opportunity to focus on living a healthy lifestyle through self-care practices. The date 7/24 is symbolic of the benefits from self-care that are experienced 24 hours a day, 7 days a week. Visit the International Self-Care Foundation website to learn more.

Did you know?
Self-care can be used to enhance emotional well-being. Pay attention to and reframe self-talk as a way to practice self-care and promote a healthy mentality.

Hyperlink: https://isfglobal.org/international-self-care-day/

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The Hierarchy of Self-Care

It's healthy and even necessary to engage in regular self-care activities, but it can be confusing to identify what self-care truly encompasses. Read this article to explore what self-care is, what it isn't and how to properly rank self-care activities.

Imagine you are on an airplane and the flight attendant announces that oxygen masks are available due to low oxygen supply but instructs to "put your oxygen mask on first," before helping others. Why is this an important rule? Because if you run out of oxygen, you can't help anyone else with their mask. This principle holds true in almost every health-promoting aspect of life including self-care. If personal health isn't preserved or improved, it is diminished, and it becomes increasingly more difficult to support others if we are not flourishing ourselves.

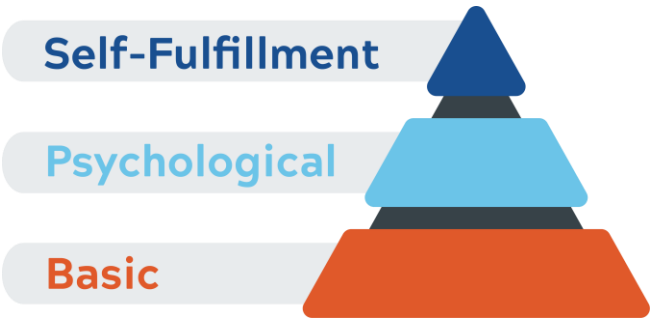
What is Self-Care?

Self-care is defined as the practice of taking action to preserve or improve one's own health (Oxford Languages). This means that self-care is not a selfish act, but an ongoing behavior essential for personal well-being.

Maslow's Hierarchy Ranking of Needs can help identify what is most important to preserve personal health. Once the first tier and second tier are given adequate attention, the third tier of self-fulfillment can then be addressed.

Basic Self-Care Needs

This ranking system identifies basic life-supporting needs as foundational. These include access to water, food, shelter, clothing, financial and physical security, and access to healthcare resources. When referring to self-care practices, this translates to scheduling preventive doctor visits, keeping up with prescribed medications, prioritizing adequate hydration, stocking the fridge with healthy foods and carving out enough time for sleep.



Psychological Self-Care Needs

The next tier in this hierarchy encompasses psychological needs. These include friendships, family connections, mental health, and self-esteem. To put this into action, find ways to focus on the quality or relationships when connecting with others. A bubble-bath could fall into this tier if it is working to support mental health, as well as journaling and other forms of self-reflection to support self-esteem. Consider balancing time alone and time socializing as acts of self-care that each have their place to fulfill personal needs.

Self-Fulfillment Self-Care Needs

Once basic and psychological needs are cared for, self-fulfillment can be addressed. Self-care practices that fall within this category include learning a new skill, pursuing non-foundational goals and finding ways to realize fulfillment. This can look different for each person but often involves pushing comfort levels and making a difference to those in need.

Get creative with ways to build a healthy foundation of self-care practices that leads to self-fulfillment!

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La Jerarquía del Cuidado Personal

Es saludable e incluso necesario participar en actividades regulares de cuidado personal, pero puede resultar confuso identificar lo que realmente abarca el cuidado personal. Lea este artículo para explorar qué es el autocuidado, qué no es y cómo clasificar adecuadamente las actividades de autocuidado.

Imagínese que está en un avión y el asistente de vuelo anuncia que hay máscaras de oxígeno disponibles debido al bajo suministro de oxígeno, pero le indica que debe "ponerse la máscara de oxígeno primero" antes de ayudar a los demás. ¿Por qué es esta una regla importante? Porque si te quedas sin oxígeno, no puedes ayudar a nadie más con su máscara. Este principio es válido en casi todos los aspectos de la vida que promueven la salud, incluido el cuidado personal. Si la salud personal no se preserva o mejora, disminuye y se vuelve cada vez más difícil apoyar a los demás si no estamos prosperando.

¿Qué es el autocuidado?

El autocuidado se define como la práctica de tomar medidas para preservar o mejorar la propia salud (Oxford Languages). Esto significa que el autocuidado no es un acto egoísta, sino un comportamiento continuo esencial para el bienestar personal.

La Jeraquía Clasificar las acciones de autocuidado puede ayudar a identificar qué es lo más importante para preservar la salud personal. Una vez que se presta la atención adecuada al primer y segundo nivel, se puede abordar el tercer nivel de realización personal.

Necesidades básicas de cuidado personal

En la jerarquía de necesidades de Maslow, las necesidades básicas de soporte vital son fundamentales. Estos incluyen acceso al agua, alimentos, refugio, ropa, seguridad financiera y física y acceso a los recursos sanitarios. En las prácticas de autocuidado, esto se traduce en programar visitas médicas preventivas, mantenerse al día con los medicamentos recetados, priorizar una hidratación adecuada, abastecer el refrigerador con alimentos saludables y reservar suficiente tiempo para dormir.

Necesidades de autocuidado psicológico

El siguiente nivel en esta jerarquía abarca las necesidades psicológicas. Estos incluyen amistades, conexiones familiares, salud mental y autoestima. Para poner esto en acción, encuentre formas de enfocarse en la calidad o las relaciones al conectarse con los demás. Un baño de burbujas podría caer en este nivel si funciona para apoyar la salud mental, así como para llevar un diario y otras formas de autorreflexión para apoyar la autoestima. Considere equilibrar el tiempo a solas y el tiempo para socializar como actos de cuidado personal en los que cada uno tiene su lugar para satisfacer sus necesidades personales.

Necesidades de Autocuidado de Autosuficiencia

Una vez que se atienden las necesidades básicas y psicológicas, se puede abordar la autorrealización. Las prácticas de cuidado personal que caen dentro de esta categoría incluyen el progreso de una nueva habilidad, la búsqueda de metas no fundamentales y la búsqueda de formas de lograr la realización. Esto puede parecer diferente para cada persona, pero a menudo implica aumentar los niveles de comodidad y marcar la diferencia para aquellos que lo necesitan.

¡Sea creativo con las formas de construir una base saludable de prácticas de cuidado personal que conduzca a la autorrealización!

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Sustaining Self-Care

With the obligations and unexpected needs of day-to-day life, it is important to take purposeful steps to maintain and restore personal well-being. However, it can be easy to let ever-changing situations or other individuals take priority.

Practicing self-care is an essential and replenishing act that can benefit your happiness, stress-level, and overall productivity. Self-care = Self-love. It is not selfish to focus on self-care, rather a method to nourish your body, mind, and soul. Keep it simple with these tips and take care!

Physical

- Join the ParkRX and forest bathing movements and enjoy a walk, hike or bike ride outdoors
- Try a new workout class in-person, through an online resource, or by using a free app
- Dance your heart out
- Challenge yourself to cook a new and nutritious recipe
- Stick to a sleep schedule
- Take a 5-minute stretch break

Practical

- Declutter your desk, closet, or computer folders
- Meal prep for the upcoming week
- Clean out personal spaces, like your car or work area
- Establish a morning and evening routine
- Make a budget and check in weekly to track your progress

Emotional

- Make a daily or weekly gratitude list
- Practice positive self-talk or leave words of encouragement on sticky notes
- Light a candle and practice a new form of meditation
- Go stargazing, watch a sunset or simply be in nature

Intellectual

- Listen to music or a podcast
- Take a break from technology and read a book
- Learn a new language or skill
- Explore museums around the world with a virtual museum tour
- Sharpen your mind with brain puzzles or games
- Take a class at your local rec or community center

Mental

- Take time to journal and self-reflect
- Verbalize and talk about your feelings with a friend or loved one
- Watch your favorite movie or TV show to unwind
- Treat yourself to an at-home spa day
- Take 5 minutes to sit and practice mindful breathing

Social

- Call a friend or family member to catch up
- Write a thank you note to a co-worker or someone you care about
- Share a device-free dinner with family
- Join a live workout with a local gym
- Start an online book club

Hyperlinks

- https://gbsbenefits.com/wp-content/uploads/2021/06/Parks-Prescription-.pdf
- https://www.parents.com/syndication/museums-with-virtual-tours/

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Summer Buddha Bowls

Adapted from theroastedroot.net | Total Time: 45 Minutes | Serves 4 | Vegetarian

Dressing Ingredients

- 1/3 cup tahini
- 1/4 cup rice vinegar
- 3 Tbsp. fresh lemon juice
- 1/3 cup water (more as needed for blending)
- 1 clove garlic, minced
- 1/4 tsp. salt, to taste
- 1/4 cup chives, chopped
- 1/3 cup fresh basil, packed
- 4 leaves fresh sage

Bowl Ingredients

- 2 cups brown rice, uncooked
- 5 oz. mixed greens (i.e. baby lettuce, power mix, spinach & arugula)
- 1 14 oz. can black beans, drained and rinsed
- 1 cup cherries, pitted and halved
- 1 pint blackberries
- 1 peach, pitted and sliced
- 1 avocado pitted and sliced
- 1/2 red onion, thinly sliced
- 1/2 bunch green onion, chopped
- 1/3 cup queso fresco, crumbled
- 1/3 cup shelled pistachios, chopped

Directions

1. Prepare the dressing: add all dressing ingredients into a food processor or blender, then blend until smooth. This will be a thick dressing; add water or coconut milk to thin it out. Refrigerate until ready to use.
2. Prepare the buddha bowls: cook rice to package instructions. Divide cooked rice into four large bowls, or store in container for later bowl construction. Divide the remaining bowl ingredients into each bowl. Drizzle with desired amount of goddess dressing over top and serve.

Note: Buddha bowls contain a base grain, protein, fruits, vegetables, and nuts. Each base ingredient can be substituted for other in-season ingredients or items available in the pantry. Don't be afraid to get creative!

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From the Dietitian's Desk

With Becca Rick, MS, RD

Nutrition for Self-Care

Self-care can support well-being in many ways. One method to practice self-care is to create time for proper nutrition and hydration. Making time for eating meals and snacks throughout the day provides energy to tackle daily tasks, focus on what is at hand, and even support social well-being through sharing meals with others.

A high-quality eating pattern is full of vegetables, fruits, whole grains [like brown rice, quinoa, and oats], dairy, unsaturated or "heart healthy" fats [like olive oil, avocados, and nuts], and lean protein. In addition to a nourishing eating pattern, engaging in physical activity and cultivating social interactions also help maximize the benefits of total health.

Food and cooking can be a source of stress for many people. Often, feelings of anxiety and confusion surface when thinking about how and what to cook. During jam-packed weeks, meal planning is often neglected. By putting food on the backburner, the work week can easily become filled with imbalanced nutrition from rushed meals. Here are some tips for making intentional food choices that help keep energy levels high and reduce anxiety around food.

- Aim for 3 meals and 2 snacks a day.
- Eat breakfast daily to start the day with adequate energy and nourishment.
- Meal prep on a day off work- take the stress out of packing a lunch or deciding what's for dinner at the last moment.
- Drink more water to quench thirst- try adding a lemon slice, or mint sprig to mix it up.
- Use MyPlate as a starting point to guide your daily plan until you find your own energy balance- individualized balance of carbohydrate, protein, and fat for optimal energy levels.
- Eat with intention- sit down and unplug during meals whenever possible to connect to hunger and fullness cues.
- Eat to enjoy- try to make family dinner or eating with friends a priority to boost mental well-being through social interactions.

This month's recipe is focused on 'buddha bowls', which can be prepped on the weekend for a weeks' worth of healthy, balanced meals. These bowls are full of fruits and vegetables, which studies show can increase levels of happiness and improve mental health in general.

Becca Rick MS, RD
GBS Health & Wellness Director

References
- https://doi.org/10.1016/j.euroneuro.2019.10.011

Hyperlinks
- https://www.myplate.gov/myplate-plan
- https://gbsbenefits.com/wp-content/uploads/2021/06/GBS_July_Featured-Recipe.pdf

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The Six Dimensions of Wellbeing

Sustaining Self-Care

Physical
Practice self-care by making physical health a priority, and scheduling preventive medical and dental exams today.

Intellectual
Is intellectual wellness really a form of self-care? Absolutely! Humans need consistent growth and progression to thrive. Learn about something new by picking up a book or exploring a skill.

Emotional
Schedule time for a daily check-in to assess emotional wellbeing. Notice changes that need to be made in order to cultivate and support emotional health.

Social
Focus on quality rather than quantity of social interactions to build meaning and purpose in social connections. Quality relationships can be fulfilling and uplifting, a great form of self-care!

Environmental
Spend time in nature to practice self-care and find ways to rejuvenate through the beauty of the outdoors.

Financial
Self-care isn't always about making time for relaxation, sometimes it's about addressing difficult topics such as finances. Work towards building a healthy relationship with money. A new financial approach can address anxiety and stress, no matter the financial position.

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July Quiz

Emotional: *Sustaining Self-Care*

Put your knowledge to the test!

1. **What date does International Self-Care Day fall on?**
   a) July 4th
   b) July 15th
   c) July 24th
   d) July 10th

2. **What is a ParkRX?**
   a) A personal or medical prescription that encourages individuals to spend time outside in nature to improve physical and mental health
   b) A type of medication prescribed by a medical practitioner
   c) A website to locate parks near you
   d) A park scavenger hunt

3. **True or False:** Anything uncomfortable is not a form of true self-care.
   a) True
   b) False

4. **Fill in the blank:** A helpful tip when practicing self-care in regard to nutrition is to consume _____ meals and _____ snacks each day.
   a) 3 meals; 1 snack
   b) 2 meals; 2 snacks
   c) 3 meals; 3 snacks
   d) 3 meals; 2 snacks

5. **Studies show that consuming fruits and vegetables can do which of the following (as cited in the July resources)?**
   a) Increase levels of happiness and improve mental health
   b) Decrease levels of depression and increase spontaneity
   c) Improve ability to focus and improve memory
   d) Decrease stress and improve relaxation

1) c; 2) a; 3) b; 4) d; 5) a