"We're hoping you'll lead us on a journey of transformation without requiring any real changes."

Burn Brightly Without Burning Out!
Extraordinary mothering of self in mind, body and spirit.  

Louise Hay

Pathways to Self-Care

➢ Physical
➢ Mental
➢ Emotional
➢ Spiritual
➢ Relationships
➢ Choices

PHYSICAL

- Preventative maintenance, family history, epigenetics
- Mind / body dynamic connection
- As your body strengthens, a mirrored effect in all areas of your life.
- #1 Stress reduction tool
- Environment (toxins, clutter, noise)

Resiliency…

Anti Inflammatory Diet

- Plant based diet rich in a variety
- 3 gms. of Omega-3 daily
- Eat 8 (1/2 cup) or more servings a day of cereals, whole grains, legumes, and tubers
- Limit sweets, processed foods, dairy
- Increase fiber-40gms/day
- Increase immunity with antioxidants
- Herbs/vitamins/supplements/probiotics
FACTORS AFFECTING GENE EXPRESSION

Diet and Exercise

Positive emotions - Our gene system is aware of recent emotional experiences

Fatigue and chronic adversity

Social connections - increase immunity, ability to thrive

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Tips For Better Sleep

1. Keep a routine. Same time to bed and to wake up.
2. Keep your room dark and free of screens.
3. Keep your room cool. The coolness takes your brain and body in the right direction for deep sleep.
4. Avoid alcohol and caffeine close to bedtime.
5. Don’t stay in bed awake. Get up and read with a dim light until sleepy.
MENTAL
- Stress reduction daily
- What is your environment feeding your brain?
- Busyness
- Intuition
- Self-talk
Beware of destination addiction—a preoccupation with the idea that happiness is in the next place, the next job and with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are.

ROBERT SELER, PhD
Neurons that fire together wire together

➢ new patterns of thought can change the physiology of our brains
➢ as short as two weeks
➢ can train our brains to become more alert to good information

Rick Hanson, PhD, neuropsychologist and coauthor of Buddha’s Brain

EMOTIONAL

➢ constant dialogue within ourselves; how we feel, perceive and respond is regulated by our emotional state
➢ releasing toxic feelings freeing for both you and those around you
➢ Take action, the emotion will follow

Resiliency…
The Immune System
Anger versus Care

Benefits of Positive Emotions

- Increased longevity (Donner et al. 2001)
- Reduced morbidity (Goldman et al. 1990; Reznik & Schwartz, 1997)
- Increased cognitive flexibility (Ashby et al., 1999)
- Improved memory (Benn et al., 1991)
- Improved decision making (Cammack & Isem, 1986)
- Increased creativity and innovative problem solving (Koen et al., 1987)
- Improved job performance & achievement (Wright & Dow, 1994; Shaw et al., 1994)
- Improved clinical problem solving (Braude et al., 1997)
**SPIRITUAL**

- A reflection of your belief to a higher power than yourself that connects you with the universe and your “calling”
- Shapes your perceptions of your world, therefore serves to nurture your soul or deplete your spirit
- Spiritual believers are physically healthier, lead healthier lifestyles, and require fewer health services adding 7 to 14 years to life.  
  
  "Resiliency…"

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**ARE YOU A PLEURAL EFFUSION?**

_Because I can’t breathe when you’re around_

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**RELATIONSHIPS**

- Direct reflection of how you see yourself
- Either add to or subtract from your life
- Must be a two way street to be fulfilling
- Your relationship with yourself is the foundation from which all others flow

"Resiliency…"
CHOICES

When I wake up
When I am traveling to work
Before I start report/meetings
Mid morning
Lunch
Mid afternoon
On my way home
Before bed
On my days off

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www.self-careacademy.com
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Resources for Meditation/ Mindfulness

➢ Eckhart Tolle’s “Music to Quiet the Mind
➢ Getsomeheadscom.com
➢ Franticworld.com
➢ Buddhify.com
➢ Msia.org
➢ Chopra center for well-being
➢ Calm.com
➢ www.donothingfor2minutes.com
➢ MeditateApp for Android

The Healing Presence

• Tending to ourselves is healing to others

• The “Inner Experience” we create allows a safe place for others and changes the physiology, bringing out the best in ourselves and others

• **Be** the guide and catalyst

Please be responsible for the energy you bring into this space.
I ❤️ ME TIME