



# Health & Wellness Related Self Care Solutions



## Get Creative with Healthy Food

Incorporate some of your favorite whole and nutrient dense foods to create a delicious meal that will make you proud and satisfied. "Bonus points" for sharing the recipe with a friend.



## Challenge Your Thinking

We all know that believing we can accomplish something is the first step to success. We also understand that when we're unsure, success is much less likely.

Social Cognitive Theory (SCT) backs this up and asserts that our thoughts exert a strong influence over our behaviors.

If we want to change a behavior, it's important to check our thinking and challenge unproductive thoughts with some good questions.



## Indulge in Nature

Author and naturalist John Muir said "When we try to pick out anything by itself, we find it hitched to everything else in the Universe."

In this way, experiencing the interconnectedness of nature makes our curiosity go viral. In nature we can let loose our natural desire to know and use it to see deeply.



## Stand in Awe of Your Body

Complete a fun and challenging workout that allows you to reach a 6-8 on your personal intensity scale of 1-10. Once you're finished, take time to recognize all that your body allowed you to accomplish.



## Bask in the Sunshine

Take a walk and seek the sun. Natural light is the conductor of the orchestra that is our circadian rhythm – the 24 hour cycle of physiological processes constantly taking place in our bodies.

Each cell looks to natural light to determine when to do what it was meant to do. Just 5-15 minutes can provide the re-charge you need to get through your day.



## Turn up the Music

We've all had that experience in which a song is played and we're instantly transported to another place and time. Take advantage of this magic and add some of your favorite, feel-good tunes to your day.

A song you can't help but dance to makes everything better. As you find songs that inspire you, add them to a playlist for later.