



# SELF – CARE FREE PDF

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*9 Self-care ideas that link and heal your Body & Mind*

# WHAT IS SELF– CARE?



What is self– care?

Fundamentally stress–reducing techniques.

How it works?

Don't worry it's simple and all about you taking time away from your responsibilities to make sure your body and mind, heart and soul have what they need to handle another day.

Allowing a little time during the day to balance your body and mind will enable you to see things more clearly.

These techniques are backed up by science and have proved to be very effective in the reduction of stress.

SELF-CARE IS AN ONGOING PROCESS, AND THE FOLLOWING IDEAS CAN HELP YOU WORK TOWARDS BEING MORE RESILIENT, CALM, AND BETTER EQUIPPED TO HANDLE WHATEVER LIFE THROWS YOUR WAY.

1

## Are you eating, drinking and sleeping enough?



Have you ever heard about emotional eating? Sometimes, it can be tempting to indulge in something that you think is self-care. Indulging in an urge that has developed from depression or anxiety usually just reinforces the emotion it came from. Research shows that reaching for connection with others will help reduce the habit of these indulgences. Put together a list of people who you can reach out to in order to create new bonds for love and a feeling of belonging.

Most people are dehydrated. This is due to dry and highly palatable foods we eat. To combat this, make sure you drink at least 2 liters of water a day.

Establish good sleeping habits. Go to bed and wake up at the same time every day to help regulate your Circadian rhythm– the natural internal process that responds to your exposure to light.

2

## Balance your sugar intake



Did you know that there is a correlation between eating sugar and depression and anxiety?

Your nutrition can have a real effect on how stressed you feel. If you start your day with sugar or other simple carbs, you may want to change your strategy. Even though it makes you feel good at the time, that feeling will not last long and you will feel hungry very soon afterwards.

Protein, complex carbohydrates and fiber help to stabilize your blood sugar level. When your blood sugar tips too much in either direction, your stress response engages.

Help to heal your gut bacteria so it works for you, not against you.



# Self-care

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## Get moving

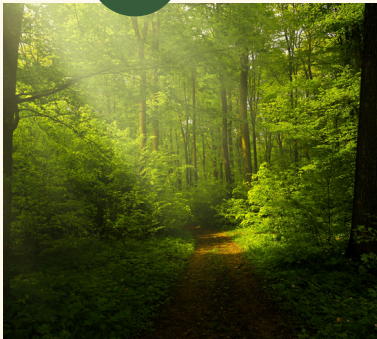


Moving your body is one of the most effective tools for stress reduction. It also boosts your endorphins, a natural opioid that relieves pain and can produce a feeling of euphoria.

You do not have to spend long hours at the gym to reap the benefits of moving your body; a brisk walk, dancing, kicking a ball, swimming or any form of activity that you enjoy doing, to get moving, will be beneficial.

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## Spend time outside in the nature



Research shows that spending time in nature boosts happiness and reduces stress.

- Being outdoors
- Exposure to green space
- Simply looking at the trees

All are proven to reduce the cortisol and adrenaline levels (stress hormones). Reserve some of your self-care time to spend in nature

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## Try meditation



Meditation is just about resting your mind and concentrating on the present moment which helps turn your focus inward.

Research shows that as little as five minutes of mindfulness meditation per day promotes emotional health and enhances self-awareness.

It also has positive outcomes on conditions including: fibromyalgia, anxiety, depression, post-traumatic stress disorder and helps to fight addictions.



# Self-care

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## Focus on your breath



By focusing on your breath, you can lower your:

- Heart rate and blood pressure
- Stress levels and much more

Have you ever heard about Box breathing?

Sit down comfortably or lie down and take a deep breath into your belly over 5 counts

- Then hold your breath for 5 counts
- Exhale for 5 counts
- And hold again for 5 counts

Repeat the whole process 5 times and let your body know that it is time for a little self-care.

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## Practice positive thinking



Did you know that our brains are wired to look and protect us from danger.

Have you heard about Negative Bias?

That simply means that we are more attracted to negative information than positive. We focus more on what has gone wrong, rather than on what has gone right.

Try to combat that natural tendency by finding positive things to focus on. People who think more positively live longer, have lower rates of depression and better cardiovascular health which is largely responsible for our longevity.

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## Write a gratitude list



Spend some time reflecting on your day and give your thanks to something positive. This will help retrain your brain to look for the positive aspects, allowing you to develop a habit of looking on the bright side which will combat the negative bias.

# Self- care

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**Spend some conscious time with your loved- ones, friends or even a pet(s)**



A hug, touch, a smile or meaningful conversation have all proven to lower the stress hormone cortisol and boost your oxytocin levels which is a hormone that stimulates the feelings of happiness.

## About

Hi, my name is Natalia and I am a physiotherapist and a health coach who help people to overcome long term pain. Welcome to my space.

With over a decade of experience in physiotherapy and a passion for holistic health, I bring a unique blend of expertise to my practice.



My commitment to integrated and holistic healthcare led me to delve into the realm of kinesiology. With a firm belief in addressing the comprehensive biopsychosocial model of treatment, and profound interest in utilizing complementary health discipline, I assist individuals to overcome chronic pain, complex diseases, and stress.

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