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## SELF-CARE

### How to Develop a Personalized Self-Care Plan

Self-care is personal. It involves all the big and little things you do to support your health and wellbeing, and it looks different for everyone. How you practice self-care depends on your individual needs, preferences, and resources.

In order to develop a personalized self-care plan, spend some time getting to know yourself on a deeper level. Here are some questions that can help you develop a personalized self-care plan of your own:

#### How do you want to feel?

Self-care is about making deliberate, positive lifestyle choices that address your specific needs. One easy way to better understand what you need is to answer this question: How do you want to feel?

- Energetic
- Focused
- Organized
- Calm
- Strong
- Positive
- Peaceful
- Confident
- Something else?

#### What makes you feel that way?

Because self-care is personal, you may need to do some experimenting with different forms of self-care to see which ones are most effective at producing the outcomes you are aiming for. Once you know how you want to feel, you can carefully select self-care strategies that produce that outcome. To choose self-care practices that align with your needs, ask this question: What makes you feel that way?

- Meditation
- Healthy Eating
- Physical Activity
- Sleep
- Social Connections
- Something else?



#### What can you do right now?

Next, assess which of the self-care activities you identified are realistic for you right now. Which strategies could you implement immediately? Which ones are a good match for your skills and resources?

As you move forward and expand your self-care practice, repeat these steps. Over time, you will have a personalized list of strategies that you can turn to when you need support.



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## Healthy Hours: A Better Alternative to Happy Hours

Are happy hours interfering with your health goals? Alcoholic beverages are common at gatherings and events, but there are many reasons to consider opting for non-alcoholic options.



### Non-alcoholic Options

Drinking alcohol beyond moderation, which is defined as up to one drink per day for women and up to two drinks per day for men, can have some serious health consequences if it becomes a pattern. In addition to increased risks of liver disease, excessive alcohol consumption can also strain relationships and lead to other risky behaviors. Alcohol is also a source of empty calories, so if weight loss is one of your health goals, it may be interfering with your progress.

If you are thinking of trading in your cocktails for something healthier, consider this alternative: Mocktails. These glammed up, non-alcoholic beverages generally begin with a base of flat or sparkling water, plus a combination of some of these popular ingredients:

- Fruit: Citrus, berries, peaches, kiwi, apples, watermelon, and juices
- Vegetables: Cucumbers, tomatoes, jalapenos, and celery
- Fresh Herbs & Spices: Spearmint, ginger, sage, and rosemary

Mocktails are a great way to be festive without sacrificing your health. Make it a point to offer at least one non-alcoholic option at gatherings. You never know if one of your guests might be dealing with a health concern.



*Do you worry that you may be drinking too much? Call 1-800-662-HELP (4357) to discuss your concerns confidentially with a specialist at the Substance Abuse and Mental Health Services Administration (SAMHSA). This free national helpline is open 24/7, 365-day-a-year and offers treatment referrals and information for individuals and families struggling with mental and/or substance use disorders.*



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## Telltale Signs You Need More Self-Care

Everyone needs self-care, but to get the most out of your self-care practice, you must be able to recognize when you need it. It can take time to develop an effective practice that keeps you functioning at your best, but the more you invest in caring for your wellbeing, the more health benefits you will enjoy.

### Here are some telltale signs that you may need more self-care:

#### Disorganization

Do you have trouble finding what you need when you need it? Are you chronically late to appointments? Being disorganized may be a sign that you need more self-care.

#### Exhaustion

If you are not sleeping well, or get less than seven hours of sleep each day on a regular basis, you may need to examine your self-care practices. Running on fumes is not sustainable. Not giving your body sufficient time to recover from the demands you place on it could result in an unexpected illness that forces you to take time off.

#### Overwhelm

Feeling overwhelmed every now and then is normal, but if you feel that way on a regular basis, it may be a red flag that you are not managing stress well. Overwhelm reduces your creativity and productivity, which can take a toll on your health.

#### Anger

Do you have a short fuse? If you struggle to manage your emotions, or erupt frequently when facing stressful situations, it might mean that you need some self-care. Stress that has not been well-managed can damage relationships and lead to chronic health conditions.



*Self-care helps you recharge so you can manage all the pieces of your life more effectively. Learning how to recognize the signs that you need to recharge is part of the process of developing a solid self-care practice.*



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# RECIPE

## Sober Festive Sangria

**Total Time:**

15 minutos

**Servings:** 4



### INGREDIENTS

- 3 cups pear juice
- 2 cups sparkling water
- 2 pears
- 2 apples
- 2 oranges
- 1 pomegranate
- 3 cinnamon sticks
- 3 star anises
- 6 slices of ginger
- 1 teaspoon peppercorns
- 5 cloves



### INSTRUCTIONS

1. Slice pears, apples, and oranges into 3mm slices or chunks as big as you like.
2. Remove seeds from the pomegranate.
3. Place all fruit, cinnamon sticks, star anises, ginger, peppercorns, and cloves in a big bowl or a jar and pour over pear juice.
4. Keep in the fridge for at least 5 hours or overnight.
5. Before serving, add cold sparkling water.

### NUTRITION INFO

(per serving)

Calories <i>kcal</i>	337
Carbs <i>g</i>	85
Fat <i>g</i>	2
Protein <i>g</i>	5
Sodium <i>mg</i>	42
Sugar <i>g</i>	44

Source:

<https://www.useyournoodles.eu/sober-festive-sangria/>

