

# SELF CARE

Workbook on how to stay positive and healthy



## CONTENTS

Page 2 - Overview

Page 3 - Basic Nutritional Tips

Page 4 - Make a Healthy Plate

Page 5 - Exercise Tips

Page 6 - Create your own Workout

Page 7 - Relaxation

Page 8 - Notes



# Overview

Taking care of yourself physically and mentally is an important part of a healthy lifestyle.

In this booklet you will find tips and techniques on healthy eating, exercise and relaxation.

This booklet is not intended to give advice. Always check with your doctor if you have questions about what you should be eating and how you should be exercising.





# Basic Nutritional Tips



## Avoid Overeating

Set portions for yourself and stop eating before you get a full feeling.

## Use Food As Fuel

Eat the foods that give you energy, not just the ones that make you feel better in the moment.



## Pick Natural Foods

Select foods that are not highly processed; vegetables, fruits, grains, nuts.

## Cut out Chemicals

Cut out foods that contain chemicals. Examples are sugar substitutes, fat substitutes, fillers. Make sure to drink plenty of water and not energy drinks, coffee, etc.



## Check your Portions

Decide beforehand your portion size and stick to it. Start small and see if you feel full after finishing.

## Eat Slowly

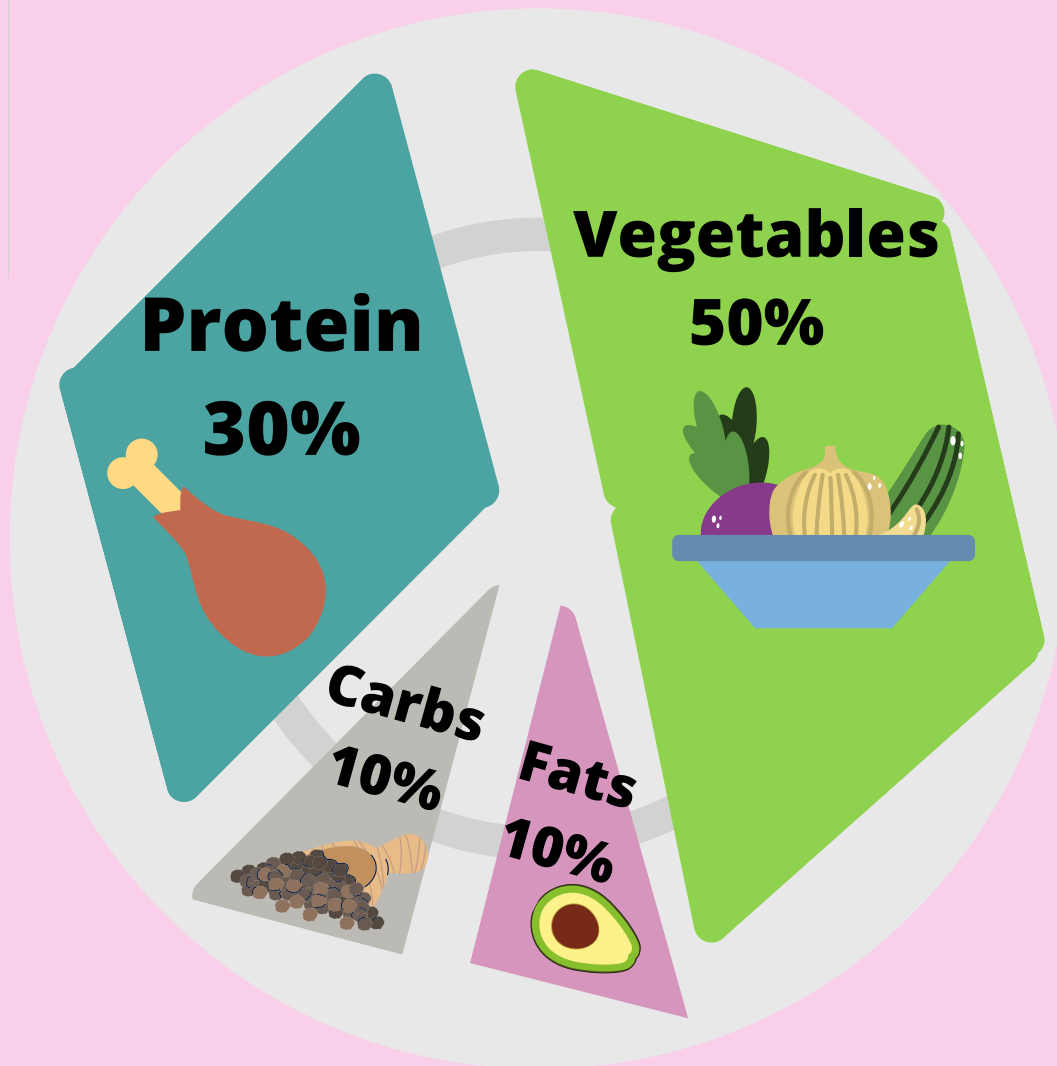
Take time to eat your meals and try not to eat while looking at a tv or your phone. This will help you be more mindful when eating.



# Make a Healthy Plate

Create your own healthy plate by selecting from each category.

It is recommended that you check in with your doctor before starting a new eating routine.



## Vegetables

Leafy Greens  
Spinach  
Kale  
Beets  
Zucchini  
Bell Peppers  
Onion  
Asparagus  
Cucumber  
Tomato  
Cabbage  
Carrots  
Broccoli

## Protein

Eggs  
Chicken  
Turkey  
Beef  
Venison  
Rabbit  
Fish  
Tofu

## Fats

Olive, Coconut, Nut Oils  
Avocado  
Nuts

## Carbs

Sweet Potato / Potatoes  
Quinoa  
Rice  
Oats  
Black Beans  
Kidney Beans  
Red Beans  
Chickpeas  
Melons  
Berries  
Apples  
Bananas  
Oranges



# Exercise TIPS



- Set a schedule for yourself and keep to it.
- Workout 4 or 5 days a week.
- Keep it fun. Exercise in ways that you enjoy.
- Warmup before you exercise.
- Try to be active 30-60 minutes a day.
- Break into smaller chunks of time.
- Team up with family and friends.
- Stretch after your workout.
- Stay hydrated, drink at least 8 cups of water a day.

## Free Exercise Ideas

Walk around a local park

Join a Meetup hiking group

Workout videos on Youtube

Neighborhood walk

Download a fitness app

Create your own workout

Run the track at a High School

Ride Bikes

# Create Your Own Workout

Create your own circuit by selecting from the exercises below and following the time allotment. Make sure to stretch after you complete your circuit.

Warm Up

**Pick 1**

3 Min.

Walking  
Jump Rope  
Kickboxing

Jogging  
Jumping Jacks  
Dancing

Upper Body

**Pick 2**

1 Min.  
Each

Pushups  
Lateral Raises  
Chest Fly

Bicep Curls  
Shoulder Presses  
Tricep Curls

Lower Body

**Pick 2**

1 Min.  
Each

Dead Lifts  
Side Leg Lift  
Front Kick

Squats  
Backward Lunges  
Walking Lunges

Cardio

**Pick 1**

5 Min.

Kickboxing  
Climb Stairs  
Dancing

Jump Rope  
Running/Jogging  
Jump Squats

Core

**Pick 3**

1 Min.  
Each

Full Situps  
Leg Lifts  
Ankle Touches

Crunches  
Bicycles  
Plank

# Relaxation

Taking time to relax is important for your overall health. If your body is in constant stress or busy mode it will be difficult to flush the toxins that build up. Take time every week to do one of the following relaxation techniques.



## Journaling

Write down your thoughts and feelings.



## Stretching

Take your time and stretch all your muscles from your neck to your toes.



## Meditating

Focus on an image or a quote for a period of time.



## Deep Breathing

Take long deep breaths through your nose and out your mouth.




## Calm Music

Play nature sounds or music that doesn't have words.



## Observing Nature

Sit and watch the nature around you and observe what is taking place.





# NOTES