



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | February 2024

- The Importance of Self-Care
- Book Review | *Friendly Reminders: Lessons from a Self-Care Savage*

The Importance of Self-Care: Nurturing Your Mind, Body, and Soul

Self-care is more than a buzzword — it's crucial to maintaining a healthy and fulfilling life. Often misunderstood as an indulgence, self-care is a personal and ongoing process of making healthy choices a top priority for your overall well-being.

What Is Self-Care?

According to the World Health Organization (WHO), self-care is the ability to promote health, prevent disease, maintain well-being, and cope with illness—with or without professional healthcare support. It encompasses a broad spectrum of factors, including hygiene, nutrition, lifestyle, environment, socioeconomic conditions, and the responsible use of medications.

Self-care involves:

- Prioritizing mental and physical health
- Adopting healthy lifestyle habits
- Engaging in activities that contribute to your overall well-being

Common Misconceptions vs. Reality

People often associate self-care with extravagant vacations or spas. However, genuine self-care involves:

- Eating a healthy diet
- Engaging in regular exercise
- Ensuring adequate and quality sleep
- Following treatment plans for existing conditions
- Taking time for activities that bring joy and relaxation

Why Is Self-Care Important?

Self-care differs for each person, but the short- and long-term benefits are universal, including:

- Reducing stress
- Increasing self-confidence
- Fulfilling core needs
- Managing chronic conditions
- Preventing disease
- Promoting healthier relationships
- Improving job satisfaction

How to Practice Self-Care

Building a personalized self-care plan begins with assessing your overall health, identifying areas you want to improve, and addressing stress points that might prevent you from reaching your goals.

Consider including these elements in your [self-care plan](#):

- **Identify Personal Needs**
Reflect on your mental, physical, and emotional needs to understand what activities bring you joy, relaxation, and a sense of fulfillment.
- **Establish a Routine**
Create a daily routine that includes time for self-care activities. Consistency is key, whether it's setting aside time for exercise, meditation, reading, or any other activity that nourishes your well-being.
- **Prioritize Sleep**
Ensure you get sufficient and quality sleep. Establish a regular sleep schedule, create a comfortable environment, and practice relaxation techniques before bedtime.

- **Nourish Your Body**
Pay attention to your diet and make choices that support your health. Include a variety of nutritious foods, stay hydrated, and be mindful of how what you eat impacts your overall well-being.
- **Exercise Regularly**
Engage in physical activities that you enjoy. Whether it's walking, jogging, dancing, or practicing yoga, regular exercise contributes to both physical health and mental well-being.
- **Practice Mindfulness**
Incorporate mindfulness practices into your routine, such as meditation, deep breathing, or keeping a gratitude journal. These techniques can help manage stress and enhance your focus.
- **Set Boundaries**
Learn to say no when necessary and establish clear boundaries in your personal and professional life. Setting limits on your commitments helps prevent burnout and promotes a healthy work-life balance.
- **Cultivate Positive Relationships**
Surround yourself with supportive and positive people. Nurture relationships that bring joy and fulfillment and seek social connections that contribute positively to your mental and emotional health.
- **Engage in Hobbies**
Make time for activities you enjoy and that bring you a sense of accomplishment or relaxation. Whether it's reading, painting, gardening, or any other hobby, dedicating time to things you love is vital for self-care.
- **Check In with Yourself Regularly**
Take moments to reflect on your well-being and assess if adjustments to your self-care routine are needed. Regular self-reflection helps you stay attuned to your needs.

Self-care is a personal journey that can have **short and long-term benefits**. Creating a customized self-care routine can help you navigate life's challenges with resilience by adopting a balanced and fulfilling lifestyle.

Friendly Reminders: Lessons from a Self-Care Savage

In *Friendly Reminders: Lessons from a Self-Care Savage*, author and outdoor enthusiast Scott Tatum shares 140 reminders to serve as guideposts on the path to self-healing and self-discovery. Tatum describes a “self-care savage” as someone who “... prioritizes their own well-being, takes active steps to maintain their overall health, and is fiercely committed to their self-care practice.” His practical advice reminds readers that self-improvement is important at any stage of life.

Highlights

Self-care is not selfish.

Prioritizing self-care will strengthen your self-confidence and your ability to meet life’s challenges. When you care for yourself, you can be better prepared to care for others.

No one is perfect.

Self-improvement is a life-long journey of forgiveness, living in the present, and embracing failure.

Rise above others’ expectations.

Believe in yourself. Focus on self-love and self-acceptance instead of comparing yourself to others.

The Last Word

The friendly reminders in Scott Tatum’s book underscore the importance of practicing discipline, determination, a positive attitude, and mindfulness to become your best self and meet life’s challenges.