

BACK²NORMAL *be* responsible.™ MONTHLY TOPIC

May 2017

self-care is a must

*There must be a balance between rest and activity
as well as between purpose and play.*

Self-care can be a touchy subject and may be viewed by our society as a selfish practice and being overly indulgent. Yet, taking care of ourselves is anything but selfish. Taking good care of ourselves makes life more fulfilling by contributing to our well-being, which ultimately extends to others. When we care for ourselves, we naturally begin to care for others in a healthier and more effective way.

Self-care is learned, purposeful and continuous. It includes all health decisions people make for themselves and their families to ensure they are physically, mentally, spiritually and emotionally fit. In philosophy, self-care refers to the care and cultivation of self, in a comprehensive sense, focusing on the soul and the knowledge of self. This level of self-care takes practice. At first it might seem awkward to say “no” to something or someone. We might feel guilty for taking time for ourselves and making ourselves a priority. But with practice, it becomes more natural, automatic and nurturing.

As prevention is becoming realized for its super power, self-care has an essential role to play in our disease-treating healthcare system. People are becoming more conscious about their health and want to have a greater role in taking care of themselves. Listening to our bodies by paying attention to the subtle clues, seeking out self-care actions for that “pain in the neck”, and increasing factual knowledge about disease or illness are important factors. Self-care is taking care of minor ailments as well as, and for the prevention of long term conditions.

Find compassionate health care advocates, such as Back 2 Normal professionals, who focus on education, prevention and support self-care strategies that empower you to heal your own body through simple techniques and daily practices. Having people to talk with to help make decisions about self-care, whether it is through community support groups, friends, health/medical professionals or family motivates us to strive for optimal health and wellbeing.

Cont...

Examples of self-care include:

- Pilates
- Yoga
- Meditation/Mindfulness
- Bodywork through massage or MELT Method
- Fitness and nutrition coaching
- Exercise
- Healthy eating
- Time self-engaged in spirit-feeding activities
- Get adequate sleep
- Journal
- Play

Besides the more obvious ways we know to describe self-care, it can also be as simple as:

- Slowing down
- Using credit cards only if you can pay them off at the end of the month
- Letting go of things we don't love or need
- Turning phone ringers off during dinner
- Refraining from gossip

To further explore ourselves and our needs, we can ask ourselves these important questions:

- Where do I feel deprived?
- What do I need more of right now?
- What do I need less of?
- What do I want right now?
- What am I yearning for?
- Who or what is causing me to feel resentful and why?

At Back 2 Normal we want to play a role in helping you achieve your best life. So, join our **beresponsible™** campaign which is about making choices, being intentional, proactive and creating the life you want by taking responsibility for it!



Thank you to **Liz Vreeland, LMT** for contributing to this month's beresponsible topic. Liz is passionate about the transformation of a person through the power of positive energy and touch. Whether you want to optimize biomechanics for athletic performance, improve quality of life, boost physical, mental and emotional recharge, or just need a little rest and relaxation, she customizes the perfect massage blend just for you. To learn more about Liz visit www.back2normalpt.com.

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