



# FEBRUARY

## self-care/self-love

### WEEK 1 - THE WHAT AND WHY OF SELF-CARE

- In a general sense, self-care is the intentional things you do for yourself – physically, emotionally, and mentally. If you believe that making your needs a priority is self-indulgent or a once in a while luxury, it is crucial that you realize that prioritizing your health has long-term benefits. There is no need to feel guilty when you take care of yourself because it is a “win-win” for everyone.
- If your emotional bank account is running low because you’re filling everyone else’s, then you might build resentment towards other people and feel increasingly disconnected from yourself.
- “Self-care at its core is the foundation of LOVE. It is impossible to give from an empty cup. As a modern human (man or woman) self-care is also a radical act of defiance against what we have been taught throughout the ages – to give to others first, placing ourselves last. Somehow we have collectively misconstrued self-care with “self-indulgence”. You deserve to enjoy, without guilt, taking care of yourself!” - Dr. Megan Dishman
- “Through the years, I have taken note of what makes me feel like my best self. I feel the best when I prioritize consistent aerobic exercise, meditation, nourishing meals, sleep and PLAY time! It is possible! It just takes prioritizing and planning.” - Dr. Wendy Weintrob
- Being strategic about how you use your time, what you want to accomplish, and how you are going to make it all happen, is truly the name of the game!
- When you’re at the bottom of your list of priorities, you will eventually notice the negative effects on your eating habits, stress and energy levels, and how you interact with your loved ones. Don’t get caught in this trap. Putting self-care at the top of your list of priorities is critical for long term health.
- Is what you're doing serving your body?
- Over the next five weeks (yes, we will take this discussion through March), we'll discuss self-care as it relates to nutrition, sleep, stress management, movement and relationships.

### TAKE-AWAYS

- what are you going to prioritize? Be specific. Be realistic.
- If it's not on your calendar, it doesn't exist!
- What do you need to do to keep from feeling guilty about spending time on yourself?