

The 7 Pillars of Self-Care

01 MENTAL self-care is about cultivating a healthy mindset through mindfulness and curiosity. Avoid self-deprecating thoughts (stink'n think'n); evaluate and guard your thoughts, they contribute to your wellness or lack thereof.

02 EMOTIONAL self-care involves taking care of your heart with healthy coping strategies. Protect yourself from negative influences, toxic relationships and anti-social behavior. If it's not life-giving, flush it, it's only waste.

03 PHYSICAL self-care involves taking care of your body with exercise, nutrition and proper sleep. Begin little by little, take a short walk or park further away when shopping, it's the small efforts that begin healthy habits.

04 ENVIRONMENTAL self-care involves taking care of the spaces and places around you. A study led by associate professor Nicole R. Keith, Ph.D., research scientist and professor at Indiana University, found that people with clean houses are healthier than people with messy houses. Ironically, cleanliness was a greater predictor of health than neighborhood walking.

05 SPIRITUAL self-care involves activities or practices that give a sense of meaning to your life. Faith in an unseen positive contributor to our existence leads to a hope-filled expectation in life rather than pessimistic despair.



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06 RECREATIONAL self-care involves making time for hobbies, fun, activities and new experiences. Give it a try, you'll find that the rewards are AMAZING.

07 SOCIAL self-care involves building relationships with regular connection and healthy boundaries. Beware of the negative-Nancy's or the grumpy-Gilbert's.

Sincerely, *Carlo Griseta,*

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* Consider visiting www.griefshare.org

(under "find a group" tab, enter you zip code and/or city to discover FREE online or in-person support groups in your area).