

Let's Talk Holistic Self-Care

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SPEAKERS

Renee Dell'Acqua

Renee Dell'Acqua 00:04

Welcome, everyone. My name is Renee Dell'Acqua and I'm a senior health educator in health promotion services here at UC San Diego. On this episode of Live Well Be Well, I'll be discussing strategies for practicing holistic self-care. So, I hope you get inspired. I hope you feel connected, and I hope you discover new ways to live your best life. Let's get started.

Renee Dell'Acqua 00:27

Just as we recharge our phones each day to capitalize on its full potential and capabilities, we must do the same for our bodies. Practicing holistic self-care is all about recharging our bodies, minds and hearts in order to be strong and healthy, and to meet the needs and responsibilities of everyday life. In health promotion services, we maintain the understanding that health is multifaceted and holistic in nature. So, when we think of self-care, we're thinking of how we can show love to all of the elements of who we are, which include our physical, emotional, mental, social, spiritual, and intellectual selves. When we practice holistic self-care consistently and with intentionality, we maximize our capabilities and we prime ourselves to take on the world, because that is what Tritons are born to do. So, let's talk about a few strategies you can take to practice self-care in holistic way.

Renee Dell'Acqua 01:25

Let's start with physical self-care. Some examples of ways in which you can practice physical self-care include one, get your body moving, whether that be walking, running, dancing, yoga, etc. For at least 30 minutes a day. Think about it. There are 24 hours in a day, you can find a 30-minute chunk of time to honor your body, to prioritize sleep, aiming to get seven to nine hours of sleep each night. And with that, be mindful of your caffeine consumption throughout the day. Three, nourish your body with colorful fruits and veggies, lean proteins, complex carbs and fats. Four, hydrate hydrate, hydrate. Drink plenty of water throughout the day. Remember the eight-by-eight rule, at least eight ounces of water eight times a day. Five, be mindful of your alcohol consumption and educate yourself on protective behavioral strategies if you choose to drink. And six, get to know your body by exploring it so that you can develop an awareness of what's normal and what isn't. So that you can seek medical care and advice when needed.

Renee Dell'Acqua 02:34

Now moving on to our mental and emotional selves. Some ways to practice self-care include one, developing an awareness of the way that you're speaking to yourself. Are you being supportive, loving and compassionate toward yourself, especially when you're experiencing hardships? Begin to develop an awareness of yourself talk and aim to reframe your thoughts from the negative to the positive. This takes time and practice. So be kind to yourself. To feel your feelings. Sometimes we have the tendency to suppress our emotions for a number of reasons. But it's normal to experience sadness, frustration, anger and anxiety. Acknowledge these feelings and know that it's okay. From there engage in healthy coping strategies like journaling, meditation, creative outlets, etc. Three, in line with that, tap into your social support system and or seek treatment from a therapist or medical professional when you feel overwhelmed, stressed, or need a little extra guidance. We're human. We all need help from time to time for discover ways to relax and recharge, like practicing meditation and mindfulness, yoga, breathing exercises, expressing gratitude, finding creative outlets, like painting and photography. Find stress management strategies that work for you. And five, each day take time to disconnect from technology and social media and just be. For social self-care, it's about establishing and maintaining connections with others. Connect with friends, loved ones, peers, and colleagues on a consistent basis, whether you're facing life's challenges or not. Build and nurture these relationships by being there for them when they need you, as well as reaching out to them when you need them. Nurture these relationships by making time for them and letting them know that you appreciate them. But it's also important to set boundaries and know that it's okay to say no to others when a request adds additional stress to your life.

Renee Dell'Acqua 04:41

Now for spiritual self-care. This is all about practicing self-reflection and engaging in activities that set your soul on fire and make you feel those positive emotions, such as joy, happiness, gratitude, and an overall sense of fulfillment and purpose. Some strategies include one, read inspirational works. Some of my favorite writers include Maya Angelou and Brené Brown. Two, make a point to be amongst nature. Three, practice self-reflection and discover activities that spark enthusiasm and passion. Four, connect with communities of shared values and goals, whether that be a faith-based community or a nonprofit that supports a cause that you're passionate about. Five, read books, listen to podcasts, and watch documentaries. Not only those within genres that you naturally gravitate towards, but also those that you normally wouldn't. All of these strategies transport you to new worlds and introduce you to different cultures and people and lifestyles. Intellectual self-care is about devoting time to stimulating your mind and expanding your interest and knowledge. Cultivate an interest in discovering new things and broadening your intellectual horizons. Because the ability of the human mind to explore and absorb new ideas, perspectives and interests, is essentially endless. We just need to nurture it.

Renee Dell'Acqua 06:08

So those were just a few ideas and suggestions for practicing holistic self-care. If the idea of practicing holistic self-care is new to start by taking steps towards finding the strategies that work best for you in each of the areas discussed. Luckily, your options are limitless. The key to practicing successful holistic self-care is to prioritize its importance and practice it consistently so much so that it becomes part of daily living. Once holistic self-care becomes routine, you'll feel even more empowered, strong and capable of taking on any challenge that awaits you.

Renee Dell'Acqua 06:45

So that concludes this episode of Live Well Be Well. If you liked what you heard today and would like to learn more about topics related to health and wellness, there's much more to come. Please be sure to check out our website HealthPromotionServices.ucsd.edu And also follow us on Instagram and Facebook under UCSD Health Promotion Services. Stay tuned for our next episode of Live Well Be Well. Until next time, be kind be true, be you and remember to be well is to live well.