

## **SELF-CARE: 7 Ways to Take Good Care of Myself**

To fully recover and switch from your self-disturbing and self-defeating habits, you need to address at least these 7 areas of your life: physical, mental, emotional, social, motivational, renewal, spiritual. These same 7 facets of your life are covered in the 7 ways to provide good parenting and self-care for yourself.

**1. DIET: PHYSICAL.** Eat right: smaller portions, less sugar, less corn syrup, more raw foods, more live foods, more fresh fruits and vegetables, more whole grains. Drink fruit juices instead of pop. Limit caffeine intake. Limit alcohol intake. Drink more water. Drink green tea and herbal teas.

**2. SLEEP: PHYSICAL.** Get enough sleep to feel rested. Now it is said that adults need about 7 hours a night. Make my bedroom restful and my bed comfortable. Don't eat or drink for two hours before bedtime. Don't fight or argue before bedtime. Tie up loose ends before going to bed. Go to bed relaxed, setup for the next day, and with a plan for the next day.

**3. EXERCISE: PHYSICAL/STRESS RELIEF.** Get at least 30-40 minutes of aerobic exercise 3 or more times a week. Walk more. Stand more. Use the stairs more. Park where I will have to walk. Dance, play, play sports, move, express.

**4. PROCESS: MENTAL/EMOTIONAL.** Have some time every day to process my life. Do meditation, reflection, contemplation, self-examination, daily review, personal inventory, journaling, or something that I will stick with. Think about my self, life, relationships, values, and goals each and every day.

**5. SUPPORT: MENTAL/EMOTIONAL/SOCIAL/SPIRITUAL:** Have people I can share my life with. Who can I have physical, mental, emotional, and spiritual contact with? Have people in my life to meet these basic contact needs. It is fine and normal to have different people for different needs. Develop a sense of community. Involve myself in healthy groups and meetings. Develop resources, networks, and support systems for both my personal and professional lives.

**6. MOTIVATION: MENTAL/EMOTIONAL/SOCIAL/SPIRITUAL:** Read books that motivate, empower, and encourage me. Have mentors to encourage me. Talk with family and friends who are supportive and encourage me to follow my dreams. I will read inspiring and uplifting books. I will seek out motivating people and experiences. I will take classes and-or study subjects that will empower me. I will study motivation so I can help those I love better and know better how to get motivation for myself. I will review my counseling books, notes, and reminder cards. I will read relevant pages on Kevin's web site: <http://www.kevinfitzmaurice.com>.

**7. RENEWAL: MENTAL/EMOTIONAL/SPIRITUAL:** I will do things to renew my mind and heart. Sometimes, it will be as simple as a day or two of rest and relaxation. Other times it may require a vacation, a visit to a spa, a retreat, or having a lot of alone time. I will practice Mind Breathing. I will make a space in my life for regular alone time. I can engage in a hobby. I can do volunteer work. I can listen to music or watch hopeful movies. I can play happily and non-competitively with family and friends. I need to develop ways to regularly reenergize my life. I will make contributing and giving back both a short-term and a long-term goal. I need to pray and open my mind and heart to God. I will practice peace. I will practice forgiveness and charity. I will help others.