

SIMPLE SELF-CARE

GUIDE

Why Self-Care is Important

In our fast-paced world, taking time for self-care is essential to maintain balance and well-being.

Self-care isn't just about pampering yourself; it's about giving your mind and body the attention and care they need to function optimally.



How Self-Care Can Help

Engaging in self-care practices has been shown to help manage stress, benefit mood, and improve your overall quality of life.

It allows you to take a break from the daily grind, refocus your energy, and reconnect with yourself, leading to greater productivity and a more fulfilled life.

FREE (OR NEARLY FREE) SELF-CARE OPTIONS



Grounding or Earthing

This involves walking barefoot on natural surfaces like grass, dirt, or sand. Research has shown that grounding can positively impact levels of inflammation and help to reduce stress levels. And, getting outside allows for plenty of fresh air and sunshine!⁽¹⁾

Contrast Bathing

Alternating between hot and cold water plunges, or during your shower, has been shown to invigorate your body, improve circulation, and help awaken your senses. For many, a good starting point is: 3 minutes of warm water followed by 1 minute of cold water. Repeat this cycle for several rounds to feel refreshed and energized.⁽²⁾

DIY-Massage

Use your hands or an item like a tennis balls to massage away tension in the neck, shoulders, or feet. Massage has been shown in studies to help reduce stress and promote relaxation.

UNDER \$20 SELF-CARE OPTIONS



Dry Brushing

Using a natural bristle brush to “dry brush” the skin is believed to stimulate circulation and lymphatic drainage as well as help exfoliate the skin. While research on dry brushing and its impact on circulation and lymphatic drainage is limited, it’s a wonderful way to unwind and pamper yourself!

Journaling

Buy a simple notebook and use it to express thoughts, feelings, or jot down daily gratitudes. Journaling has been used as a therapeutic activity to help manage mood, reduce stress, and enhance self-awareness.

Aromatherapy with Essential Oils

Essential oils like lavender, peppermint, or eucalyptus are often used for relaxation, invigoration, or relief from stress. A small bottle can be used in various ways such as in diffusers or diluted in carrier oils for massages.



SPLURGE SELF-CARE OPTIONS



Red Light Therapy

Also known as photobiomodulation, red light therapy (RLT) has been shown in studies to aid in improved skin appearance, reduce systemic inflammation, aid in wound-healing, and may potentially have other applications that are beneficial. Many spa's or massage therapy clinics offer RLT, but a variety of applications are on the market for home-use as well.⁽³⁾⁽⁴⁾⁽⁵⁾

Sauna Sessions

Engaging in traditional sauna sessions regularly has been shown to help relax muscles, aid in stress relief, encourage detoxification and support cardiac health. Infrared sauna sessions have further shown to be of additional benefit for conditions that may result in joint stiffness and pain or fatigue. While owning a sauna is luxurious, many gyms offer access as part of their membership packages.⁽⁶⁾⁽⁷⁾

Remember that self-care doesn't have to be expensive or time-consuming.

It's about finding what works best for you and incorporating those practices into your daily life. Whether you choose free methods or splurge on advanced treatments, taking the time to care for yourself is an invaluable investment in your overall well-being.

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