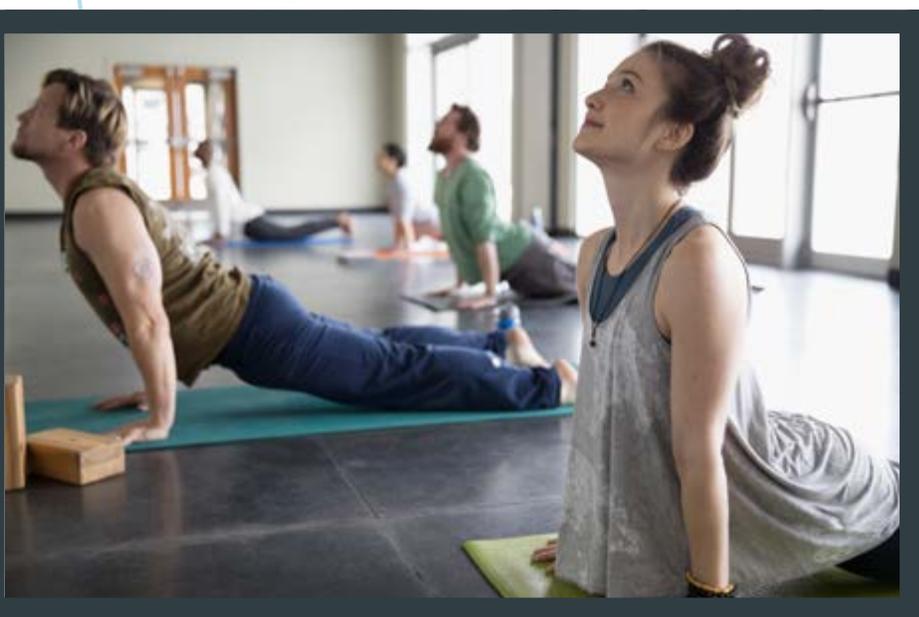


# SELF-CARE STRATEGIES MAKE YOURSELF A PRIORITY

Positive psychology has found that taking care of our minds and bodies is crucial to happiness. Happiness is about quality of life. If we take good care of ourselves, it is easier to feel good each day.

- **Get moving.** Exercise may be the most effective happiness booster. By increasing self-esteem, reducing anxiety, and boosting endorphins (your “feel-good hormones”), exercise can improve any day.
- **Boost mood with food.** Eating a healthy, balanced diet rich in tyrosine and omega-3 fatty acids can help build mood boosting potential. Add salmon, tofu, almonds, sunflower seeds and apples to your meal plans.
- **Breathe deeply.** Taking deep breaths regularly can help clear your mind, oxygenate cells to enhance energy, reduce stress and anxiety and increase levels of serotonin (your “happy hormone”).



- **Laugh loudly.** The body’s response to laughter is beneficial whether you’re trying to become happy or because you are happy. Laughing has many benefits, including improved pain tolerance, reduced stress, increased immunity and improved mood.
- **Sleep well.** Research suggests that an extra hour of sleep would provide more benefit than a \$60,000 raise. It also gives us energy to do more of what we love.

Sources:

<https://www.psychologytoday.com/ca/blog/the-happiness-project/200911/fundamental-secret-happiness-get-enough-sleep>

# SELF-CARE STRATEGIES MAKE RECOVERY COUNT

You've probably heard the advice, "listen to your body," when it comes to fitness—but are you familiar with the training principle of Active Rest?

## **ACTIVE REST**

If you train regularly in the gym or in your sport, build an Active Rest week into your training schedule every six weeks. An Active Rest week isn't a week off—it's a reduced training program at 70% of your regular training volume or intensity.

## **BENEFITS**

An Active Rest week will maintain your fitness level, while allowing for added recovery time for soft tissues. You can return to your regular training routine feeling rested the following week.

## **ACTIVE OPTIONS**

Consider taking a mental break from your regular training schedule to add in some activities you enjoy. A low impact activity such as hiking or biking with family or friends is a great way to lower your intensity and have fun doing it.



# SELF-CARE STRATEGIES MAKE MEALTIME MINDFUL

## AIM FOR A COLOURFUL PLATE

Fill half your plate with veggies and fruits—an array of colours will provide a greater range of vitamins and minerals necessary for good health.

## CONSUME FIBRE

Insoluble fibre passes through the digestive system to help keep you regular. Include fibre at every meal—leafy greens, beans and lentils, berries, and whole grains are good sources.



## EAT MINDFULLY

Mindful eating helps you understand hunger signs, appreciate food and prevent binge-eating. At mealtime, get rid of all the distractions and focus on eating. Take your time to see, smell, savor and swallow every bite of your food.

Sources:

<https://www.forbes.com/sites/nomanazish/2017/12/11/10-smart-ways-to-make-self-care-a-part-of-every-meal/#8d8c1ec34fe0>