



Reminder: Self-care looks different for everyone.

# THE 8 AREAS OF SELF-CARE



Self-care - "activities and practices we engage in on a regular basis to reduce stress and enhance our well-being" – unknown

At Habits for Wellbeing, we focus on the following 8 areas of self-care...

- 1 PHYSICAL SELF-CARE**  
 Physical self-care involves movement of the body, health, nutrition, sleep, rest, physical touch, and sexual needs.
 
- 2 PSYCHOLOGICAL SELF-CARE**  
 Psychological self-care involves learning new things, applying consequential thinking, engaging intrinsic motivation, practising mindfulness and creativity.
 
- 3 EMOTIONAL SELF-CARE**  
 Emotional self-care involves enhancing emotional literacy, navigating emotions, increasing empathy, managing stress effectively and developing compassion for self and others.
 
- 4 SOCIAL SELF-CARE**  
 Social self-care involves having a supportive group and network of relationships around you whom you trust and turn to when required. Having caring and supportive people around you builds a sense of belonging and connectedness.
 
- 5 FINANCIAL SELF-CARE**  
 Financial self-care involves being responsible with your finances (i.e. living expenses, income, insurances, savings etc.) and having a conscious relationship with money.
 
- 6 SPIRITUAL SELF-CARE**  
 Spiritual self-care involves the beliefs and values that are important to you and guide your life. This includes pursuing your noble goals and the practices that support you developing spiritual awareness.
 
- 7 ENVIRONMENTAL SELF-CARE**  
 Environmental self-care involves having an organised, well maintained and clutter-free work, business and home environment, having clean clothes and a clean and well maintained mode of transport. Also minimising waste and monitoring technology time.
 
- 8 PROFESSIONAL SELF-CARE**  
 Professional self-care involves sharing your strengths and gifts, having clear professional boundaries, whilst living your purpose.
 

#habitsforwellbeing

www.habitsforwellbeing.com



# 10 TIPS TO HELP YOU IMPROVE YOUR LOW MOOD

@BELIEVEPHQ



Develop a mental health support network. Try going to a group session at a mental health charity



Eat a well balanced diet. Stay hydrated



Be kind to yourself. If you need a break then give it to yourself



Practice self care. Look after yourself. Learn some relaxation techniques



Engage in regular exercise



Start to challenge unhelpful negative thoughts



Get into a regular sleep pattern. Make sure you are getting enough sleep



Stay connected and reach out to friends or family



Don't be afraid to speak to people about how you are feeling



Make a list of activities that you know will improve your mood

## EMOTIONAL MINIMALISM

# EMOTIONAL DECLUTTERING Checklist

### I WANT TO...

- |   |   |
|---|---|
| <input type="checkbox"/> Let go of toxic feelings       | <input type="checkbox"/> Talk about my feelings             |
| <input type="checkbox"/> Cultivate self-love            | <input type="checkbox"/> Be generous                        |
| <input type="checkbox"/> Express my authentic self      | <input type="checkbox"/> Forgive myself and others          |
| <input type="checkbox"/> Let go of external influence   | <input type="checkbox"/> Let go of old thoughts             |
| <input type="checkbox"/> Listen to myself for direction | <input type="checkbox"/> Enjoy what I already have          |
| <input type="checkbox"/> Trust my instincts             | <input type="checkbox"/> Be emotionally stable              |
| <input type="checkbox"/> Voice my needs                 | <input type="checkbox"/> Empathize with others              |
| <input type="checkbox"/> Say NO                         | <input type="checkbox"/> Know how I feel                    |
| <input type="checkbox"/> Prioritize myself              | <input type="checkbox"/> Connect with myself                |
| <input type="checkbox"/> Stop complaining               | <input type="checkbox"/> Be more affectionate               |
| <input type="checkbox"/> Think for myself               | <input type="checkbox"/> Participate in a community         |
| <input type="checkbox"/> Be patient                     | <input type="checkbox"/> Easily solve problems              |
| <input type="checkbox"/> Be comfortable in my skin      | <input type="checkbox"/> Have new experiences               |
| <input type="checkbox"/> Play and have fun              | <input type="checkbox"/> Manage impulses                    |
| <input type="checkbox"/> Stand up for myself            | <input type="checkbox"/> Allow other people to be different |
| <input type="checkbox"/> Explore my likes and dislikes  | <input type="checkbox"/> Recognize my needs                 |
| <input type="checkbox"/> Ask for help when needed       | <input type="checkbox"/> Take responsibility                |
| <input type="checkbox"/> Be creative                    | <input type="checkbox"/> Be okay with negative feelings     |
| <input type="checkbox"/> Accept conflict without anger  | <input type="checkbox"/> Accept people's opinions           |
| <input type="checkbox"/> Care for my health             |   |

### EMOTIONAL DETOX TOOLS

- |                            |                      |
|----------------------------|----------------------|
| MEDITATE                   | EXERCISE             |
| PRAY                       | TALK WITH A FRIEND   |
| CONTEMPLATE                | GO TO NATURE         |
| JOURNAL                    | READ SELF-HELP BOOKS |
| PRACTICE DEEP BREATHING    | MAKE ART             |
| RECITE AFFIRMATIONS        | TAKE A WALK          |
| TRY TAPPING                | COOK MINDFULLY       |
| THE HEALING CODE           | TAKE A HOT BATH      |
| MIRROR WORK                | TRY GARDENING        |
| JOIN A SPIRITUAL COMMUNITY |                      |

HEALYOURLIVING.COM



Healing looks different  
for everyone.

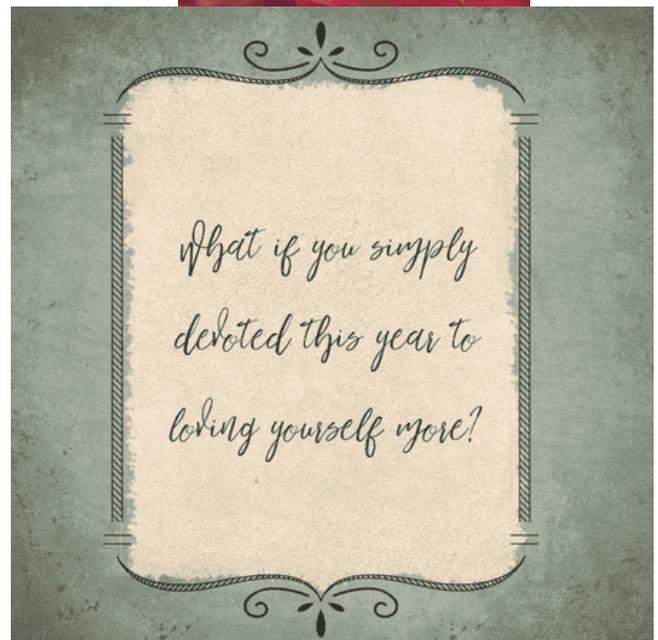
@yourbeautifulife

### 12 Steps for self care

1. If it feels wrong, don't do it
2. Say exactly what you mean
3. Don't be a people pleaser
4. Trust your instincts
5. Never speak bad about yourself
6. Never give up on your dreams
7. Don't be afraid to say no
8. Don't be afraid to say yes
9. Be kind to yourself
10. Let go of what you can't control
11. Stay away from drama and negativity
12. LOVE



“AT THE CENTER OF  
YOUR BEING YOU  
HAVE THE ANSWER;  
YOU KNOW WHO  
YOU ARE & YOU  
KNOW WHAT YOU  
WANT.” —LAO TZU



# How to Build Good Emotional Health

For starters, it's not the same thing as mental health. While the two terms are often used interchangeably, emotional health "focuses on being in tune with our emotions, vulnerability, and authenticity," says licensed psychologist Juli Fraga, PsyD.

*Having good emotional health is a fundamental aspect of fostering resilience, self-awareness, and overall contentment.*

Keep in mind that having good emotional health doesn't mean you're always happy or free from negative emotions. It's about having the skills and resources to manage the ups and downs of day-to-day life.

## How does it look in action?

Here's a look at some common examples of good emotional health and the impact it can have.

### 1. Noticing upsetting emotions when they arise

This enables you to name them and process them in healthy ways. For example, you might choose to compassionately confront someone who hurt or angered you rather than lash out at them. Or maybe you opt to set some healthy boundaries at work or with loved ones.

### 2. Catching your own self-judgements

This means turning that critical inner voice into an opportunity for *self-love and compassion*. For example, when you find yourself engaging in negative self-talk, you might ask:

- "If my child, partner, or best friend were talking to me this way, how would I respond?"
- "What makes it challenging for me to treat myself the same way I treat others?"

### 3. Curiosity

Emotional health flourishes when you're curious about your thoughts, behaviors, and feelings and why they might arise at certain times, says Fraga. It's important to be able to ask yourself, "Why do I react this way?" or "What is it about my past that might lead me to have a strong reaction to x, y, and z?"

## Why is it so important?

*Our emotional health is just as important as taking care of our physical well-being. Working on it*

And that work pays off with:

- **Resilience to stress.** Research Trusted Source shows that emotional distress makes you more vulnerable to physical illness by impacting your immune system.
- **Deeper relationships.** When you're equipped with the skills to manage your emotions, it's easier for you to connect with others and show more empathy and compassion. You're also better able to hold arguments and talk through your feelings.
- **Higher self-esteem.** Your thoughts, feelings, and experiences influence the way you feel about yourself. Good emotional health

# How can I improve my emotional health?

Emotional health is more of a process than a goal. And chances are you're already doing some things that help strengthen your emotional health. As you go through these tips, remember that emotional health isn't about always being in a good mood. It's about equipping yourself to deal with the good, the bad, and everything in between.

## 1. Practice emotional regulation

Emotions can and sometimes will get the best of you, but learning coping strategies to temper them can help you respond instead of react to upsetting situations, Fraga advises.

Coping strategies can include:

- meditation
- journaling
- listening to music
- talking to a therapist



## WHAT WE THINK, WE ARE..



You can't live a positive life with negative mind.

## 2. Exercise

If you're overwhelmed with stress at work or at home, getting regular exercise can feel impossible. But taking the time for physical activity can nourish both your emotional and your physical health, says Fraga. Aim to set aside 30 minutes a day for some kind of physical activity. If you're short on time, find 10- or 15-minute chunks of time to go for a quick walk.

## 3. Strengthen social connections

Your links to others can have powerful effects on your emotional and physical health. Staying connected with loved ones can provide a buffer when you're going through challenges, Foster these connections by spending time with close friends and family, either in person or over the phone.

## 4. Be mindful

A growing body of research links mindfulness with less emotional reactivity and greater relationship satisfaction. Mindfulness can be as simple as focusing on one thing at a time, trying a social media detox, or turning household tasks into a mental break. The point is to be consistent with your mindfulness practice and dedicate even just a few minutes to something you enjoy.

## 5. Get quality sleep

*Sacrificing sleep makes you more vulnerable to stress and anxiety.*

One 2018 study found that being sleep-deprived leads to more repetitive negative thoughts. Being overly tired can make you more emotionally reactive. That *emotional reactivity can negatively affect your outlook, performance, and relationships*. Make sure you're being consistent with your sleep and waking times as well as optimizing your bedroom environment so that you're getting enough rest.

## Bottom Line...

Good Emotional health is crucial to your overall well-being. If you feel like your thoughts and emotions are getting the best of you, taking care of your core needs, like sleep and connection with loved ones, can help. If that doesn't seem to do the trick, consider working with a therapist or another mental health professional. They can help you clearly identify the aspects of your emotional health you want to improve and help you come up with a plan.



Adapted: <https://www.healthline.com/health/emotional-health>



EMM ROY

**NATIONAL CUT YOUR ENERGY COSTS DAY**

Sunday, January 10

- Crank Down Thermostat By 2 Degrees
- Economize Your Dishwasher
- Change Furnace Filter Every 2 Months
- Know Your Off-Peak Period
- Weatherproof Your Home
- Unplug Electronics
- Energy Efficient Lighting



Mind Full, or Mindful?

**Ready to Bust Some Myths?**  
Print and Paper have a great environmental story to tell!  
Check out these facts and visit [www.twosides.us](http://www.twosides.us) to join us and learn more.

**TWO SIDES U.S. Ecographic**

- In the United States, we grow more trees than we harvest. (USDA Forest Service, 2010)
- Over the last 50 years, the volume of trees growing on U.S. forestland increased 49%. (Society of American Foresters, 2007)
- In 2012, over 65% of the paper used in the United States was recycled for recycling. (AFAPA, 2013)
- The print, paper & mail value chain supports 8.4 million U.S. jobs. (EMA Job Study, 2013)
- The forest products industry is a leader in the production of renewable energy. (AFAPA, 2012)
- The income landowners receive for products grown on their land encourages them to maintain, renew & manage this valuable resource sustainably. (WBCSD & NCASI, 2005)
- Greenwash: the act of misleading consumers regarding the environmental practices of a company or the environmental benefits of a product or service. (Terrachoices, 2007)
- Marketers should not make broad, unqualified general environmental benefit claims like 'green' or 'eco-friendly'. Broad claims are difficult to substantiate, if not impossible. (US FTC, Summary of the Green Guides)
- The environmental impact of electronic products & services replacing paper is important & must not be ignored. (P. Anstalt, 2010)
- 87% of Americans polled say the main reason companies want to shift customers to electronic delivery is to save money, not to be environmentally responsible. (InfoTrends, 2013)



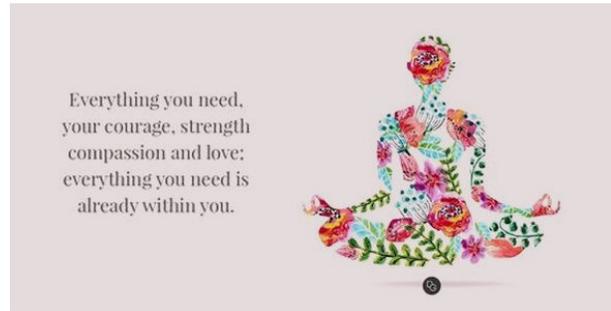
This Ecographic was made possible through the support of the following Two Sides members:



Designed by LP Designs - lynette@lpdesignsstuff.com

## What is WRAP®?

- **Purpose:** assist individuals in identifying what makes them well and create a culture that encourages them to be active participants in their care
- **How:** creating and utilizing “Wellness Tools”
  - Each client creates their own WRAP® Booklet that fits in with their practical day to day living with the intent of getting them and helping them stay well
- WRAP® is **NOT** replacement for traditional treatment it **IS** a compliment to other treatment options



# Things To Do When You're Feeling Down

### Nurture Yourself

Drink a cup of hot tea  
Wear soft, comfortable clothes  
Take a bubble bath  
Take a long shower  
Get a massage  
Get a manicure  
Read a magazine  
Wash your hair  
Wrap up in a blanket  
Give yourself a facial  
Color a coloring book  
Play with Play dough  
Blow bubbles  
Light candles  
Read a children's book  
Make a snack  
Take a nap  
Sing/ Listen to music  
Sit in the sun  
Watch a funny video  
Watch a good movie  
Read a joke book  
Watch the clouds go by  
Play with a pet  
Drive with windows down  
Braid your hair

### Engage Your Brain

Do a crossword puzzle  
Research a topic  
Complete a maze  
Play a word game  
Organize something  
Listen to a teaching tape  
Write a story  
Learn a new skill  
Visit the book store or library  
Plan something  
Read a good book  
Journal

### Move

Take a walk  
Wash dishes  
Stretch  
Dance in your living room  
Iron some clothes  
Plant something  
Go to a park  
Cook a nice meal  
Dust the living room  
Buy flowers  
Drive to a new town  
Hula hoop  
Jump rope  
Play basketball  
Do an exercise video  
Jog around the block  
Cut the grass  
Play tennis  
Rearrange your house  
Swim  
Water aerobics  
Walk through a sprinkler  
Walk at the mall  
Wash your sheets  
Ride a bike  
Take karate lessons  
Weed the garden  
Go bowling

### Be Social

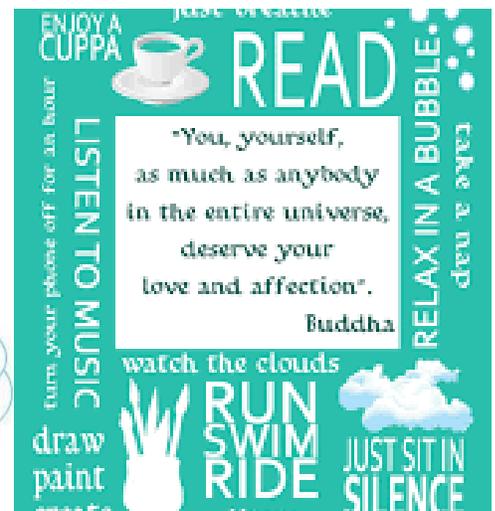
Call a friend  
Make a gift for someone  
Write a thank you card  
Write a letter or note  
Meet a friend for lunch  
Visit a nursing home  
Counsel someone  
Give some money away  
Organize a card game  
Invite someone shopping  
Bake bread for a neighbor  
Send an encouraging email

### Get Creative

Doodle  
Invent something  
Paint  
Play an instrument  
Draw  
Create a video  
Draw a cartoon  
Create a new outfit  
Visit an art museum  
Go to the symphony  
Do a craft project  
Create a new recipe  
Write a song or poem  
Create a new outfit  
Cook a new dish  
Decorate your house  
Knit/Sew/Crochet  
Paint a piece of furniture

### Be Spiritual

Attend a church service  
Read the Bible  
Memorize a Bible Verse  
Listen to Worship Music  
Watch worship on line  
Pray  
Meditate on a Bible Verse  
Listen to a sermon on line  
Pray with friends  
Visit a Christian bookstore  
Attend a Bible study  
Pray in a church building  
Organize a prayer meeting



# Six Stones Wellness Center Holiday Gathering Dec. 2019



One Small  
Positive Thought  
in the morning  
can change your  
Whole Day

WWW.LIVELIFEHAPPY.COM





**Red flag feelings and behaviors that may require immediate attention.**

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that interfere with work or home life
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

If you identify with any of these red flag symptoms, make an appointment with a mental health professional.

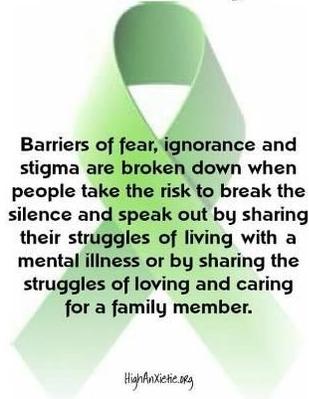
**Who should use the Lifeline Crisis Chat program?**

Anyone who is depressed, despairing, going through a hard time, or just needs to talk, including people who are thinking about suicide.

Any life issues may be discussed on the Chat program. The chat specialists are there to listen and support you through whatever difficult times you may be facing.

**1-800-273-8255**

**Break The Silence & Break Down The Stigma**



Barriers of fear, ignorance and stigma are broken down when people take the risk to break the silence and speak out by sharing their struggles of living with a mental illness or by sharing the struggles of loving and caring for a family member.

HighAnxiety.org

**STAGES OF RECOVERY**



**Seek professional help if you need it.**

**Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.**

***You are worth it!***



Join us for  
Veterans Social on  
Friday, January 10th at 10 am



No matter when, where, or how you served, or what you've experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. Whether your military role ended two decades ago or two days ago, you share with Veterans everywhere the common bonds of duty, honor, and service to our nation.

Every day, Veterans connect with resources and support to manage and confront the issues they may have and find solutions for improving their lives.

<http://maketheconnection.net>

The Veteran Clinic, located at 101 E. Oberlin Drive, Yreka, is open from 7:30 a.m. to 5:00 p.m., Monday through Friday.

To contact the Clinic, call (530) 841-8500.



White City VA Rehabilitation Center & Clinics (541) 826-2111



### Veterans' Services

Office Hours: 8:00am - noon, 1:00 - 5:00 pm, Monday - Thursday

Phone: 530-842-8010

Fax: 530-841-4314

Department Head: Victor Magdangal, CVSO

## Veterans Today

The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Here are some facts about the veteran population of the United States:

- 18.2 million living veterans served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the Vietnam War.
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 496,777 were still alive as of 2018.
- Connecticut was home to the highest percentage of World War II veterans as of 2018 at 7.1 percent.
- 2 million veterans served during the Korean War.
- As of 2017, the top three states with the highest percentage of Veterans were Alaska, Maine and Montana,



<https://www.history.com/topics/holidays/veterans-day-facts>

# Cal-Fresh

Cal-Fresh represents the Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. Cal-Fresh is a program of NVCSS and is coming to Six Stones Wellness Center.

Come join Teneal, who will share nutrition information & activities while promoting a healthy life style.



**Eat a Rainbow a Day**  
Full spectrum Nutrition  
for a full spectrum life



## South County

### Peer Support Group

At South County BHS Office

1107 Ream Avenue in Mt. Shasta, CA

on Friday at 9:30 am to 11:30 am



If you or someone you know is being forced to engage in any activity and cannot leave, call the National Human Trafficking Resource Center | -888-373-7888



## Contact Us

Give us a call for more information about our program.

**Northern Valley Catholic Social Service**

**Six Stones Wellness Center**  
525 North Main Street  
Yreka, CA 96097

(530) 841-0810

Six Stones Wellness Center is a program of Northern Valley Catholic Social Service. Program is funded by Siskiyou County Health and Human Services Department with Mental Health Services Act Funds, Prop 63.

