



## **Empowering Caregivers: Your Health Belongs to You Handout**

Health is not a frantic pursuit of perfection. Health doesn't require that you deprive yourself of life's pleasures. Health is caring for the treasure of the one body, mind, spirit that you are given. We invite you who are; imperfect, aging, ill, overweight, unfit, exhausted, stressed and discouraged to embrace your health. Consider all aspects that support your current health status. Seek out realistic, and reasonable steps to bring greater wellbeing to your life. Seek professional care and treatment.

**Your health belongs to you!**

### **What does it take to make improvements in your health and wellbeing?**

- Pay attention to yourself; body, mind and spirit.
- Consider Mindfulness meditation as an avenue to enhance awareness to yourself and improve health effects
- Make conscious daily decisions to invest in any and all aspects of health
- Fight discouragement and expectations of perfection by focusing on the daily healthier choices you do make
- Reflect on and recognize all the positive decisions you make as this reinforces these choices and supports a healthier happier you

### **What aspects contribute to a holistic view of health?**

- **Working the Body**-Any movement; walking, dancing, gardening, weight lifting, yoga, swimming, stretching
- **Food and Drink**- Healthy balance of nutritional foods, fresh vegetables, fruits, and water
- **Personal Development**-Learning and growing, pursuing interests and talents
- **Family and Friends**-Feeling connected, listened to and cared about by others
- **Spirit and Soul**-Making time to reflect on your sense of purpose and meaning in your life
- **Surroundings**- Feeling safe, making your personal space comfortable and pleasant, spending time outdoors or observing or enjoying nature
- **Power of the Mind**-Using strategies like mindfulness, relaxation, visualization to still your mind for greater clarity and clear decision making
- **Recharge**-Balance responsibilities with enough rest and relaxation

### **What areas of your health are currently suffering? How do you notice this?**



- **Working the Body** \_\_\_\_\_  
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- **Food and Drink** \_\_\_\_\_  
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- **Personal Development** \_\_\_\_\_  
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- **Family and Friends** \_\_\_\_\_  
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- **Spirit and Soul** \_\_\_\_\_  
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- **Surroundings** \_\_\_\_\_  
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- **Power of the Mind** \_\_\_\_\_  
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- **Recharge-** \_\_\_\_\_  
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**What realistic ideas and steps could you try to enhance these areas of health?**

- **Working the Body** \_\_\_\_\_  
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- **Food and Drink** \_\_\_\_\_  
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- **Personal Development** \_\_\_\_\_  
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