



SELF-CARE with Timely Resources Editor: Ann Koegler

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Our Volunteer Editor Jeanette Wojcik has charged me with doing this month's Deeper Dive. Jeanette will resume her editorial duties with the April issue.

Self-care. What does that mean to you? Do you envision a massage? A hot fudge sundae? Five minutes all to yourself? Those little rewards can be part of self-care but there is so much more to consider.

Think of self-care as "holistic". [Holistic care](#) is defined as "an all-embracing approach that views every aspect of a matter as a cohesive whole rather than a collection of isolated entities". As the article says, "it's about seeing the forest and the trees and how they relate to each other".

"[Self-Care from a Holistic Point of View](#)" looks at the many trees that make up our individual forests. *Physical, mental, emotional, and spiritual* realms are just some of the components of our selves. Our *social networks* (work, school, church) and our *relationships* (our family, our 'tribe') are important parts of our overall well-being. Our *intellectual wellness*, and the opportunities and abilities to challenge our minds help us to [engage](#) in life.

We need to take care of our physical health, and we need to [be aware of our bodies](#). We know to get our annual exams, watch our diets, and exercise. But, take that a step further and get in touch with the physical you. You know what feels right and what doesn't.

Take care of your mental and emotional health. Focus on a positive attitude. Think about 'hope' and 'gratitude'. Allow some 'WOW' to enter your daily life. As we used to say, stop and smell the flowers. Celebrate the moments of joy. If you need help, reach out.

You can practice several areas of physical care that will intertwine with your mental well-being. Yoga and tai chi [help with the mind-body connection](#) promoting stretching and muscle activity while focusing on breathing and self-awareness.

[Spiritual wellness](#) is expanding our sense of purpose and meaning in life, and includes our beliefs and values. Spirituality isn't necessarily 'organized religion' although many find that the peace and sense of community offer comfort. What is meaningful to you? What gives you a sense of purpose and hope? There is some [science](#) to this!

Self-care is so much more than an occasional nap or self-treat. Self-care should become a way of life that helps us live better all the way around! A way that helps us be healthier. A way that gives us peace and helps us address inner turmoil. A way that offers us tools to confront the challenges of daily life. Take care of yourself!