

JANUARY: Holistic Wellness

– What Caregivers Need to Know –

Basic Definitions

Wellness: The active pursuit of activities, choices and lifestyles that lead to a state of holistic health

Self-Care: Practices that promote physical, emotional, or mental well-being in different areas of functioning.

Remember! Physical health, emotional health, and social health are all connected. Often, our bodies experience somatic symptoms related to our mood. This means that things like aches, pains, sweating, trembling, difficulty sleeping, irregular hunger patterns, low energy, or irritability can be a warning sign of stress and impact all aspects of our health.

Tips and Strategies

- **Develop Healthy Habits:** Make movement a regular part of the day by walking places or exercising with loved ones. Eat regular and nutritious meals. Maintain a consistent nighttime routine by winding down at least an hour before you actually fall asleep. Engage in meaningful relationships, connect spiritually in a way that is meaning ful to you.
- **Implement Self-Care Routines:** Explore mindfulness techniques that help tune into your body by starting with the “5-4-3-2-1” grounding method. Share 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste. You can also sahare 1 emotion you may have instead!
- **Regular Check-Ins:** Keep a routine of wellness checks and activities. For exapmle, schedule medical and dental appointments, attend a weekly exercise class, meet with a friend or join a club to socialize and build a support system. Check in on your finaiacial wellness and assess your needs.

Resources and Links

[Cosmic Kids Yoga](#) is YouTube channel with movement and mindfulness videos for elementary-aged kids.

[Spotify Sleep Playlist](#) can be used as part of a nighttime routine.

This article about [Self-Care for Families](#) is a reminder that you don't have to be healthy alone

