

# Self-Love for Mind, Body, and Heart

*Caring for Yourself with Kindness is...*

**Compassionate to your needs**

**Creative and flexible**

**Clear about your intentions**

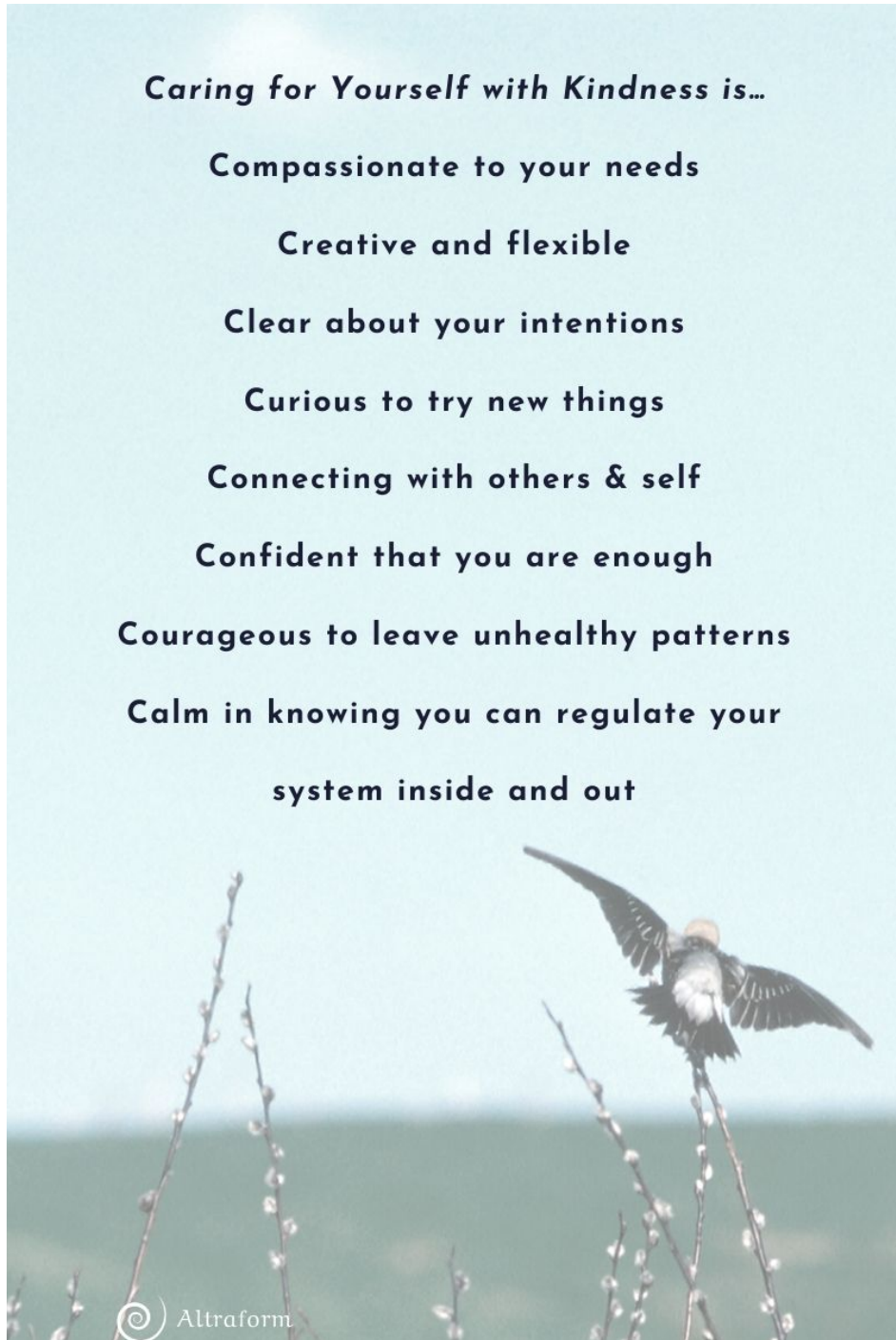
**Curious to try new things**

**Connecting with others & self**

**Confident that you are enough**

**Courageous to leave unhealthy patterns**

**Calm in knowing you can regulate your  
system inside and out**



 Altraform

**The Essential Basics; Food, Exercise, Hobbies**

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## **Food:**

The food we eat is important in maintaining our gut health which in turn affects our mental, emotional, and overall well-being. Contrary to all the media hype, it isn't really hard to do. You do not have to go out and buy more things. You do not have to be on a perpetual diet. Think of it as a lifestyle enhancement given the North American diet is notorious for its lack of balance. Here are some ideas to help inspire your creativity.

Avoid processed, (often convenience) foods, animal fats, and sugar. This doesn't mean you can't have some. Just be mindful you are not having all of these daily. What complicates this is that we are programmed in such a way that high-fat foods feel comforting to us. There's actually scientific evidence showing that fatty foods provide comfort from stress which may be linked to unhealthy relationships with food. It's why we crave bad foods and call them comfort foods. It's not your fault. However, insight is power!

Eat more food in its natural state. For example, you can shred an entire head of cabbage, add lemon, vinegar, olive oil, and salt and have side dishes and sandwich toppers for days. Chop up a watermelon for easy access to fruit in the fridge for up to 4-5 days. Eat the rainbow. Throw some veggies and fruit into the blender for easy smoothies to increase your daily vitamin and fiber boost. Keeping peeled bananas in your freezer adds a great dose of sweetness with a low glycemic index, lots of creaminess and a good dose of B6 which helps convert food into energy and also helps regulate sleep. Win-win! It goes well with chocolate or any other fruit AND will camouflage a handful of kale or raw spinach nicely. Incorporate fermented foods and probiotics into your diet often. A healthy gut really impacts our mood.

## **Activate Happiness Hormones in your self-care practices.**

These include Dopamine, Serotonin, Oxytocin, & Endorphins:

**Dopamine**- the feel-good hormone: Music, meditation, exercise, sleep. Foods rich in tyrosine: almonds, bananas, avocados, beans, fish, chicken

**Serotonin**-helps regulate your mood, sleep, memory: Exercise, bright light, visualization, looking at photographs, the arts. Foods: turkey, salmon, probiotics

**Oxytocin**-the love hormone helps us promote empathy and connection: Level 2 listening, petting an animal, enjoying an activity with someone, massage, yoga, music. Foods: figs, watermelon, green tea, coffee, almonds, pumpkin seeds

**Endorphins**- a natural pain reliever, "runner's high": Exercise, cleaning, gardening, landscaping, laughter, meditation. Foods: chocolate, chili peppers.

## **Foundations for Fitness Health: Cardio, Strength, Flexibility**

You can \*actually\* do this and NOT strive to be a Triathlon-Expert-Yogi. You only need a few minutes a day and fitness flavors can vary by season. Break it down to accommodate core needs, resources, and hobbies so that it becomes nourishment and not punishment. Think of when you were a kid and you got to “play” after homework or chores. What would you like to go out and do? If it’s winter and you might enjoy reconnecting with seasonal sports, throw some agility training into your routine to enjoy some of the benefits of playing your sport while building speed and endurance. If your not sure, get curious and discover a starting point!

## **20-30 Minute Ideas that Pack Tonnes of Value:**

### **(Fun Fact: That’s more than tons)**

- 20-minute brisk walk; commit to yourself or your dog
- Hiking a trail (alone or with company)
- Swimming; try tethered swimming! -Can even do in a kiddie pool. 14 feet length needed.
- Ride that bike whether it’s stationary or hanging on a hook in your garage.
- Challenge yourself to a run-walk (Walk the distance of 1 mailbox, run for two, on and off for a predetermined route. It’s an endurance building technique professionals use)
- Interval training workout from youtube or an app. (cardio)
- Bodyweight exercises (lots of free stuff on youtube and google. Download a jpg!)
- Invest in a couple of dumbbells and get countless rounds of weight training. You don’t need a full set. Women can get a lot of mileage with 5,10,15’s and generally men 10, 25, 35’s. You don’t need fancy equipment to build visible muscle and strengthen bones.
- Stay in shape for your favorite sport; Get some ice time for balance, speed, conditioning, practice martial arts, agility and endurance training.
- Yoga/posture stretches. Really good for setting posture for the day, in the evening - relieving stress, releasing strain from sitting on prolonged zoom calls, and grounding in our body. NOTE: you can get \*significant\* gains in just 5-10 minutes a day.

**Check your progress. Everybody likes to see themselves grow stronger. Always follow instructions and monitor your posture to prevent injury. Posture is key.**

# Activate Happiness Hormones in Your Self-Care Practices.

## Quick Reference Guide

**Dopamine:**  
the "feel good" hormone:  
Music, meditation,  
exercise, sleep, Foods rich  
in tyrosine: almonds,  
bananas, avocados,  
beans, fish, chicken

**Serotonin:**  
helps regulate your  
mood, sleep, memory  
exercise, bright light  
(sunlight), visualization,  
looking at photographs,  
the arts  
Foods: turkey, salmon,  
probiotics

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Quick Tips To Boost  
Happiness Hormones  
Naturally

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**Oxytocin:**  
the love hormone helps us  
promote empathy and  
connection. Level 2 listening,  
hugs, pets, engaging in an  
activity with someone, massage,  
yoga, music  
Foods: figs, watermelon, green  
tea, coffee, almonds

**Endorphins:**  
Natural pain reliever,  
aka "runner's high".  
Any exercise, cleaning,  
gardening, landscaping,  
laughter, meditation,  
Foods: chocolate, chili  
peppers

