

KEEPING MENTAL HEALTH A PRIORITY

Simple Ways To Practice Self-Care Each and Everyday



Your Host...

BRENDA HOEHN, MSN, BSN, RN, CHTP

ProCare Health- Life Support

Bariatric Nurse

Certified Life Coach and Speaker

Certified Healing Touch Practitioner

Bariatric Advocate

Bariatric Patient - VSG 6/2012



Self-Care is preventative medicine



Find joy in your day - schedule it

Self-Care



Self-care isn't selfish

Each method of self-care fits into one of the seven pillars: mental, emotional, physical, environmental, spiritual, recreational, and social





Mindfulness

➔ **Flip the Switch** when negativity surfaces

➔ Become more mindful of your eating patterns (**track food**)



Affirmations




EFT Tapping Exercise


*Set
intentions*




- 
- 1 Intention
 - 2 Attention
 - 3 No Tension



Set your intention—clarify your desire. Move into segment intending. This is the process whereby you define your intentions for the **segment of your day that you are moving into**. It is a way of ‘pre-paving’ your outcomes and focusing your energy on what it is you want to achieve.



Focus your attention on the achievement of that desire (not accidentally the opposite!) - Let's create miracles!



Release your tension about the situation, and allow goodness to flow your way. Enjoy the ride!





Relax the Nervous System



- Find time to **clear your mind**
- Start small with a 2-minute **meditation** and build your time to 5, 10, or 20 minutes at a time
- Use a **meditation app** like Calm or Headspace to guide you
- **Set a time of day** (morning or before bed) to meditate every day
- Trial different **meditation** techniques, including body-scan meditation, mindful breathing, and walking meditation, to determine which style works best for you



Meditations



Aromatherapy



- Aromatherapy acts on the **central nervous system**, relieving depression and anxiety, reducing stress and pain, relaxing, sedating or stimulating, and restoring both physical and emotional well-being



- **Inhalation of essential oils** can communicate signals to the olfactory system and stimulate the brain to exert neurotransmitters (e.g. serotonin and dopamine) thereby further regulating mood (simply smell the oil, apply onto skin, or use a diffuser)

LAVENDER

ROSE

PATCHOULI



LEMON

ORANGE

SWEET BASIL



Journaling



- **Daily Prompts or reminders**
- **Organizing** with a Planner



- **Gratitude** every day
- **Intention** for activities of daily living



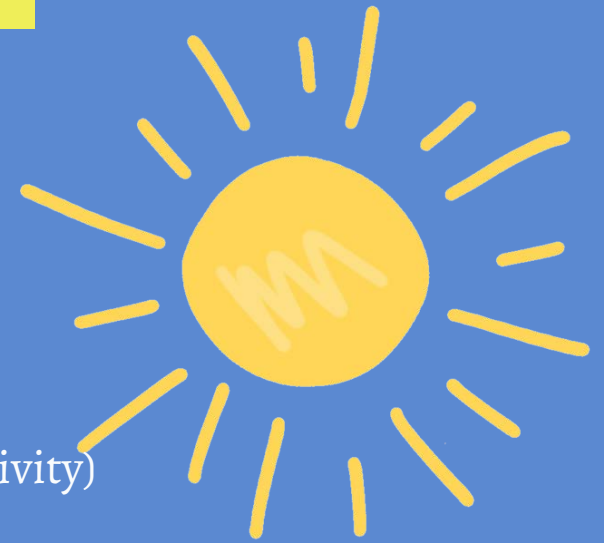
- **Resolution of perceived problems** through journaling



Movement



- Find **physical activity** that you enjoy
- Spend time with **family or friends**
- Incorporate **challenges** (ie. **Counting Steps**)
- **Release energy** that no longer serves you (negativity)





Nature

FIND YOUR HAPPY PLACE

Soak up the Sun (Vitamin D)

Take off your shoes and ground / become present (The electrical charges from the earth can have positive influence on you)





Sleep



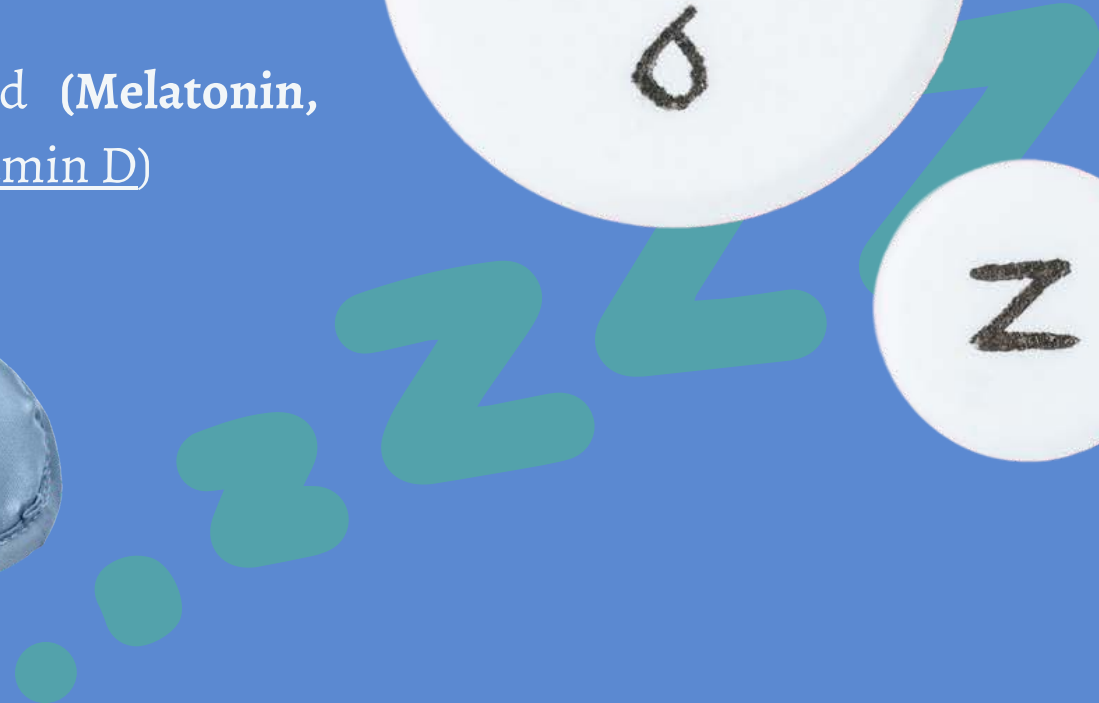
- Have a **sleep schedule**
- **Put all electronics away** at a specific time and use a "Sleep" mode on phone



- **Turn off tv**
- Remove **devices from your sleep area** (including phones, computers, and tv)



- Use of natural sleep aids if needed (**Melatonin, Valerian Root, Magnesium+Vitamin D**)





Promote Brain Health By What You Put in Your Body

The human gut and microbiome act like a “second brain”

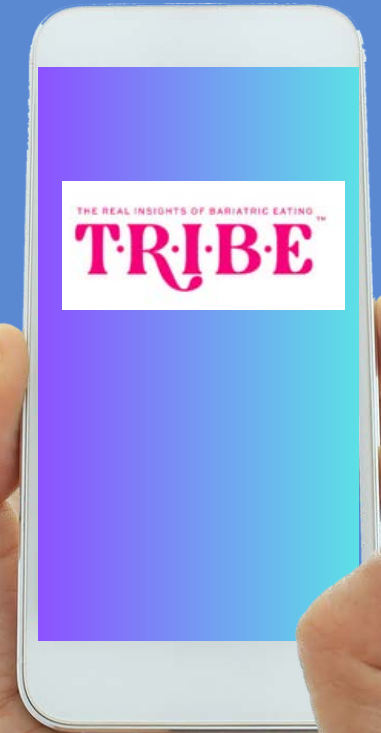
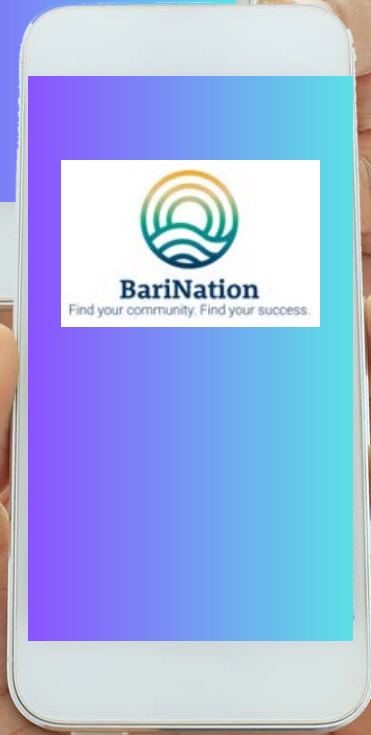
- Reduce foods that are processed or high in sugar
- Take prebiotics and probiotics or eat more fermented foods
- Check if you have **food intolerances** and remove them from your diet
- Eat more **fruits, vegetables, and other whole foods**
- Consume a **high-fiber** diet
- Vitamins and Supplements
- **Keep hydrated**





Stay Connected - Invest in Social Connections

- Support Groups
- Reach out to your **friends**
- Social Media forums
- Community Events
- Community Sites - Body + Soul Partner Programs
- Podcasts



Spend Time with Mental Health Professionals or Coaches

Can help people learn to cope with stressful situations, overcome addictions, manage their chronic illnesses, help diagnose a condition or tell more about the way you think, feels and behave

MAY HELP YOU SEE THINGS FROM A DIFFERENT ANGLE OR PERSPECTIVE



CONTINUE TO JOIN US!



Stay Bari Connected

Need help? Call us at 877-822-5808

Products ▾ Procedures ▾ Body & Soul ▾ **Bari Connected** ▾ Press About Us ▾ Contact

Interested In A Free Sample?

- Bari Connected
- Partner Programs
- Support Group Handouts
- Resources

NEW

Multivitamin Soft Chews

- 3 All-Natural Flavors: Cran-Grape, Mango-Orange, and Cherry-Lime
- 22.5mg of Iron Per Serving
- No Artificial Sweeteners
- No Sugar Alcohols

SHOP NOW

ProCare Health
HELPING YOU MAINTAIN A BALANCED LIFE

Bariatric Multivitamin Chew
NATURAL MULTI-FLAVORS
Cran-Grape Mango-Orange Cherry-Lime
Flavored with Other Natural Flavors
WITH IRON
60 CHEWS
Dietary Supplement

RESOURCES

Kuriyama H, Watanabe S, Nakaya T, Shigemori I, Kita M, Yoshida N, Masaki D, Tadai T, Ozasa K, Fukui K, Imanishi J. Immunological and Psychological Benefits of Aromatherapy Massage. *Evid Based Complement Alternat Med*. 2005 Jun;2(2):179 - 184. doi: 10.1093/ecam/neh087. Epub 2005 Apr 27. PMID: 15937558; PMCID: PMC1142199 - accessed online 6/30/23 at: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1142199/#:~:text=Aromatherapy%20also%20acts%20on%20the,being%20\(5%E2%80%9337\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1142199/#:~:text=Aromatherapy%20also%20acts%20on%20the,being%20(5%E2%80%9337)).

Mayo Foundation for Medical Education and Research (2023), Vitamin B12 and Depression, Are They Related?, accessed online 6/30/23 at: <https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/vitamin-b12-and-depression/faq-20058077>

St Bonaventure University (2021), 10 Ways to Prioritize Mental Health - accessed online 6/30/23 at: <https://online.sbu.edu/news/prioritize-mental-health>

