

The Seven Fundamentals of Self-Care

There are seven fundamentals of self-care that can provide you with the vitality and energy needed to help sustain mental hardiness that in turn promotes a capability for increasing your stress resistance.

- **Nutrition:** Eating properly is essential to good health. The appropriate diet for each of us will vary to some degree. Paying attention to sustaining a balanced diet will improve your stress resistance.
- **Water:** Our body needs to be flushed constantly to remove toxins and replenish energy. At least eight glasses of water per day will help keep your body properly hydrated.
- **Air:** Taking in deep breaths brings oxygen to the whole cellular structure.
- **Sunshine/Light:** Researchers are becoming more and more aware of the value of light on our psychological well-being. Sunshine can improve your attitude and your resilience.
- **Exercise:** A regular program of exercise helps sustain physical energy; reduce physical, mental, and emotional stress; and improves flexibility.
- **Balance:** Keeping an appropriate balance of those things which are important in our lives can renew our sense of well-being. Attitude is critical to emotional hardiness. Your attitude is the control center of your life.
- **Focus:** It is essential to be able to have personal goals and objectives. The ability to accomplish our objectives provides us with a sense of accomplishment and reinforces an attitude of well-being.

In addition to these fundamentals of health care, there are other relaxation skills that can help you counteract the effects of prolonged or chronic stress - these include various breathing techniques, progressive muscle relaxation techniques for individual parts of the body and many types of mediation used to shift mental focus and clear the mind.