Finding Your Balance
Health and Self-Care

In This Section
- Life Domains
- Self-Care
- Staying In Sync
- Setting Goals
- Self-Compassion
- What is Health?

Life Domains

Self-Care

This Is What ‘Self-Care’ REALLY Means, Because It’s Not All Salt Baths And Chocolate Cake
Self-Care Mistakes
Do these sound familiar?

- Using food as a reward
- Automatically acting on cravings
- Using alcohol to unwind
- Staying up late
- Being all-or-nothing on vacation

Four Categories of Self-Care

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Mental</th>
<th>Spiritual</th>
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<tbody>
<tr>
<td>Sleep</td>
<td>Journaling</td>
<td>Reading</td>
<td>Meditation</td>
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<tr>
<td>Relax</td>
<td>Socializing</td>
<td>Workshops</td>
<td>Gratitude</td>
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<td>Good Food</td>
<td>Therapy/Coaching</td>
<td>Learning</td>
<td>Creativity</td>
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<td>Movement</td>
<td>Positive Self-Talk</td>
<td>Hobbies</td>
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Staying In Sync

The 4 Pillars of Health & Well-Being
How solid are yours?

- Nutritious food
- Regular movement
- Stress management
- Adequate quality sleep

The Perils of Sleep Deprivation
(No, you can't thrive on 4 hours of sleep)

Skimming on sleep:
- Interferes with appetite and stress hormones
- Increases systemic inflammation
- Impairs brain function (especially learning & memory)

Weekend “catch up” sleep does NOT help with brain function. Those impairments may accumulate over time.

Sleep Energy ≠ Food Energy
You can't swap one for the other

- Extra sleep doesn't let you eat less
- Food doesn't make up for fatigue
- Be careful with:
  - Caffeine
  - Alcohol
  - Late-night eating
Optimal Meal Timing & Spacing

Don't believe everything you read

- Meal frequency
- Meal skipping
- Snacking
- Night eating

Finding YOUR Ideal Frequency

Learning to listen to yourself

- What are your hunger levels like during the day?
- Do you get ravenous between meals?
- Do you even feel actual physical hunger?
- How are your energy levels?

Larks vs. Owls: Chrononutrition

- Central clock
  - Light/dark cycles
- Peripheral clock
  - Feast/fast cycles
- Desynchronization
  - Trouble ensues!

What Desynchronizes Your Clocks?

- Late dinners
- Midnight snacks
- Skipped breakfast
- Lack of sleep
  - Leptin (hunger suppressing hormone)
  - Overeating

How to Stay in Sync

1. Eat a balanced breakfast
2. Avoid late night eating

Tip: Can't avoid eating late? Stick to a balance of protein, complex carbs and healthy fat, and eat just enough to satisfy hunger

Setting Values-Based Goals
Values First, Goals Second

The three factors:
- **Life Domains**: The various areas or parts of your life
- **Goals**: What you want to have, complete, achieve or do
- **Values**: The personal qualities you want to embody in your actions, the sort of person you want to be, the way you want to treat yourself and everyone around you

Values vs. Goals

- Advancing in your career
- Curiosity, learning, persistence
- Buying a house
- Being supportive, caring for your family
- Preventing chronic disease
- Self-care

What is Self-Compassion?

The three elements:
- **Mindfulness**: Being aware of negative thoughts, feelings and experiences
- **Common humanity**: Recognizing that we are all imperfect, and we all suffer... it’s part of what it means to be human
- **Self-kindness**: Showing yourself care and understanding (not self-criticism) when you experience those all-too-human imperfections

The Two Sides of the Coin

<table>
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<tr>
<th>Mindfulness vs. Over-Identification</th>
<th>Self-kindness vs. Self-Judgment</th>
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<td>Common Humanity vs. Isolation</td>
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</table>
To Err is Human; To Forgive, Divine.

The Stress Connection

More self-compassion = lower stress response
- Decrease time dwelling on stressful events
- Decrease blood pressure and blood sugar spikes
- Increase immune system suppression
- Decrease unhealthy short-term coping mechanisms
- Increase health-promoting behaviors

Myths About Self-Compassion

- It’s self-pity
- It’s self-indulgence
- It’s self-esteem

Myths About Self-Compassion

- It’s selfish, lazy, or indulgent
- You’ll accomplish nothing if you’re too nice to yourself
- You won’t have motivation to change

Becoming Self-Compassionate

- Practice awareness
- Cultivate acceptance
- Show yourself kindness

Mindfulness Break
What is Health?

10 Tips for Feeling Healthier @ Work

- Fuel right
- Don't ignore hunger
- Take your lunch break
- Eat mindfully
- Manage the work food environment

Stay hydrated
Move often
Breathe
Don't multitask
Honor personal boundaries

Easy-to-Eat Lunch & Snack Ideas

- Sandwich (eat ½ at a time if needed)
- Bento box (think: a more nutritious adult "Lunchables")
- Sturdy salads (whole grains, legumes, chopped veggies, etc.)
- Greek salad (cucumbers, tomatoes, feta, olives)
- Bite-size fruit (apple slices, grapes, berries, melon cubes)
- V-8 (you can drink your veggies faster than you can eat them!)

When You Fail to Plan...

...you know the rest.

- Meal planning
- Grocery shopping (or delivery)
- Building a pantry
- Batch cooking and/or prepping
- Meal kits

Nutrition 101

The sane, but totally unsexy, truth about moderation

- "The Poison Lurking in Your Kitchen!"
  - You aren't one bite away from death
- "Why You Must Eat This Exotic Superfood!"
  - You aren't one bite away from a miracle
- "This study changes EVERYTHING we knew about nutrition!"
  - Research evolves, but there are few paradigm shifts
Moderation Roadblocks
Other than the lure of shiny new promises

- Having no idea what you’re really eating
- Not planning for the long journey
- All-or-nothing thinking
- Being swayed by diet trends
- Having an unhealthy relationship with food

Myth Busting

Cutting Through The Noise
Nutrition science is more tortoise than hare

- Beware single-study stories and clickbait headlines!
- Lab vs. Animal vs. Epidemiological vs. RCTs
- The obstacle of free-living humans (they aren’t lab rats)
- Genome, epigenome, microbiome
- Nutrition common denominators

The Downside of Healthism
As with most -isms

- Nutrition isn’t black & white
- We can’t “disease proof” ourselves (read: Bob Harper)
- The intersection of genes, diet and environment
- Playing the odds

The Upsides of Nutrition
Adding life to your years

- More energy
- Better digestion
- Attractive skin
- Stronger muscles
- Increased food enjoyment

Questions?