



SUPER
WELLNESS

The Power Of Self-Care

Arming you with the tools to live well





Quick Quiz – self-care is health care!

What is self-care?

**The power of prevention -
modifiable lifestyle factors**

**6 ways to embrace self-care &
empower your health**

Moving forward, resources and Q&A





Quick Quiz – self-care is health care

1. Name a proven way to reduce your likelihood of heart disease?

2. Which food has research shown to increase your cancer risk?

3. Which behaviour can increase appetite?

a. Poor sleep b. Stress c. Illness

4. About 70% of your brain is water?

True or false



What is self-care?

“The ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness & disability with or without the support of a healthcare provider”. WHO





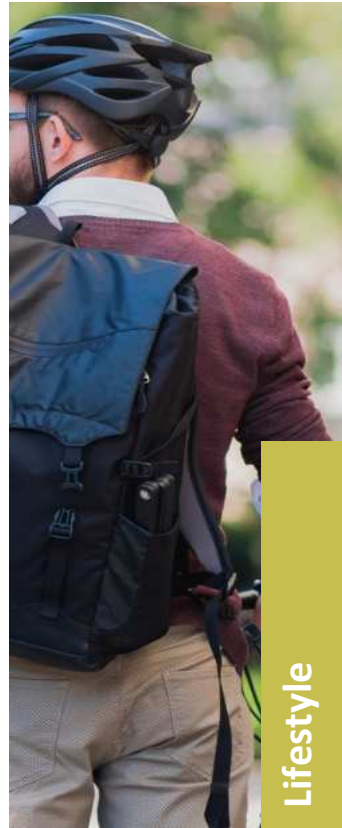
The six pillars of self-care



Good hygiene



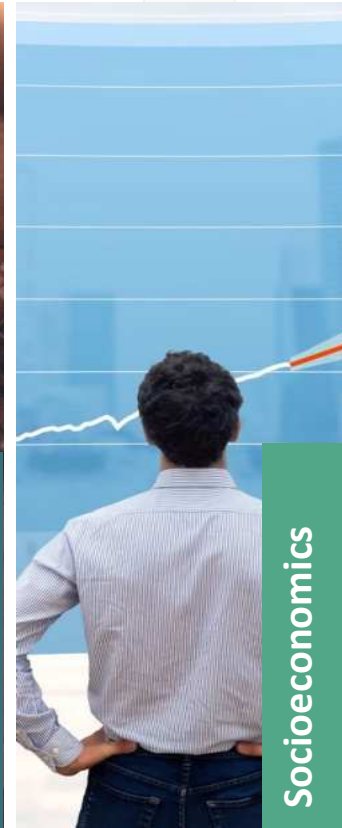
Nutrition



Lifestyle



Environment



Socioeconomics



Self-medication

The Power of Prevention

“40% of cancer cases are preventable. If people didn’t smoke, avoided the sun, avoided alcohol, ate a healthy diet, maintained a healthy body weight and stayed physically active”.

World Cancer Research Fund

“80% of premature heart attacks and strokes are preventable through a healthy diet, regular physical exercise and avoidance of tobacco products”.

World Health Organisation



Key modifiable lifestyle factors

Physical activity



Tobacco use

Healthy eating



Excess body weight



Alcohol consumption





Physical activity

- Key to healthy ageing! Any amount reduces risk of chronic disease
- Boosts mental health and reduces depression
- New study found 8,000 steps per day is enough to improve longevity





Environment

Scientists have found that spending **two hours** a week in nature is linked to better health and wellbeing

- *Consider how your environment affects you?*
- *Do you feel better when you get outside?*





Health benefits of healthy eating



- **'5-a-day'** can help you live longer and reduce risk of serious medical conditions
- **2 x Fruit and 3 x Veg** is the right mix for longevity according to nurses' study
- Consuming a **plant-based diet** with low amounts of meat and dairy appears to lower blood pressure



6 Ways To Embrace Self-Care & Empower Your Health

1

Take Health Checks

2

Be Nutrition Savvy

3

Find Time for Physical Activity

4

Enjoy The Outdoors

5

Value Social Connection

6

Sleep Well



Safely supporting self-medication



- Attend health screening
- Report new symptoms
- Update prescriptions
- Report/check side-effects
- Consider supplements



Take regular health checks

Find out key information

- Blood sugars
- Cholesterol
- Triglycerides
- Liver Function Test
- Blood pressure



Check visceral fat

- BCT test
- Waist height ratio



Attend hearing & sight tests



Carbohydrates:

brown rice
potatoes
sweet potatoes
brown pasta
quinoa
couscous
brown bread

Protein:

fish
meat
tofu
tempeh
lentils
beans

Starchy
Carbohydrates

Non-Starchy
Vegetables



Protein

Healthy Fats

Non-Starchy Vegetables:

avocado	watercress
broccoli	alfalfa
spinach	cucumber
kale	celery
runner beans	peppers
peas	fennel
courgette	mange tout
cabbage	asparagus
brussels sprouts	aubergine
cauliflower	bean sprouts
onion	endive
garlic	radish
tomatoes	rocket
mushroom	spring onions
lettuce	tenderstem

Healthy Fats:

avocado oil	oily fish
coconut oil	seeds
olive oil	nuts
butter	avocado



Include healthy fats – all types!

- Omega 3, 6 & 9 - essential fatty acids
- Powerful anti-inflammatories
- Supports blood sugar balancing
- **SMASH: Salmon Mackerel Anchovies Sardines & Herring**
- Vegetarian omega 3 flaxseed, chia seed, walnuts and omega 3-enriched eggs
- Other good fats: EVOO, avocado, seeds and nuts



RED & PINK

Rich in the carotenoid lycopene, a potent scavenger of gene-damaging free radicals that seems to **protect against prostate cancer as well as heart and lung disease.**

strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions

ORANGE & YELLOW

Provide beta cryptothanxin, which **supports intracellular communication and may help prevent heart disease.**

carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn

WHITE & BROWN

The onion family contains allicin, which **has anti-tumor properties.** Other foods in this group contain antioxidant flavonoids like quercetin and kaempferol.

onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms

GREEN

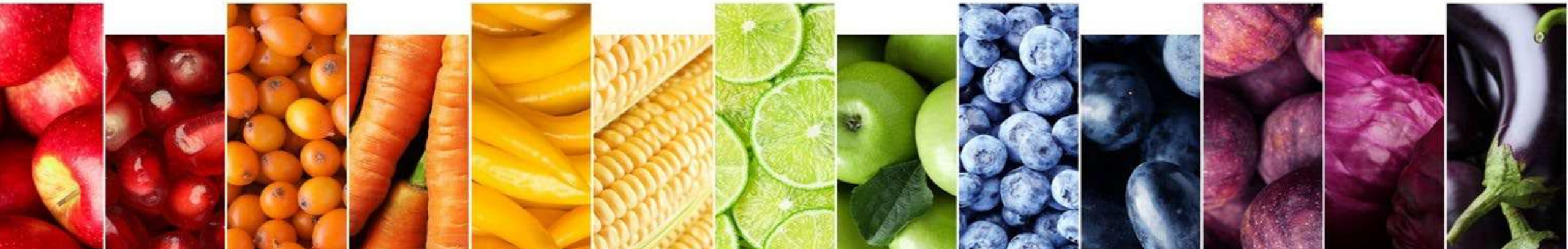
These foods are **rich in cancer-blocking chemicals** like sulforaphane, isocyanate, and indoles, which inhibit the action of carcinogens (cancer-causing compounds).

spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil)

BLUE & PURPLE

Have **powerful antioxidants** called anthocyanins believed to **delay cellular aging and help the heart** by blocking the formation of blood clots.

blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage





What changes could you make?

- White bread → Rye bread
- Sour cream dips → Bean-based dips
- Crisps → Crudites or nuts
- Dried fruit → Fresh fruit
- Milk chocolate → Dark chocolate
- Fizzy drinks → Sparkling water
- Crackers → Oatcakes
- Alcohol → Kombucha





Enjoy physical activity - keep moving!



Cardiovascular Health

- Helps lower blood pressure
- Raises HDL cholesterol
- Helps lower triglycerides



Blood Sugar Balancing

- Helps keep blood sugars stable
- Supports energy levels
- Reduces chance of type 2 diabetes



Boosts Mood

- Helps produce serotonin
- Raises feel good endorphins
- Helps relieve stress



Enjoy physical activity – work those muscles!



Protects From Sarcopenia

- Reverses muscle loss
- Improves bone health
- Prevents fragility & immobility



Improves Brain Health

- BDNF
- Neurogenesis
- Protects against dementia



Hormone Balancing

- BDNF
- Neurogenesis
- Reduces stress



Get outdoors – hardwired for nature

Phytoncides – beneficial airborne plant chemicals

Sunshine – boost levels of serotonin & vitamin D

Sounds – soothing sound of nature can reduce stress hormones

Aroma – e.g. pine and lavender





Nature cheats to boost wellbeing

- Put a birdfeeder in your garden / window
- Watching nature documentaries on TV
- Listen to natural sounds
- Take pictures of nature & enjoy them!
- Windowsill: microherbs, herbs & leaves
- Nurture some house plants
- Spending time in the garden





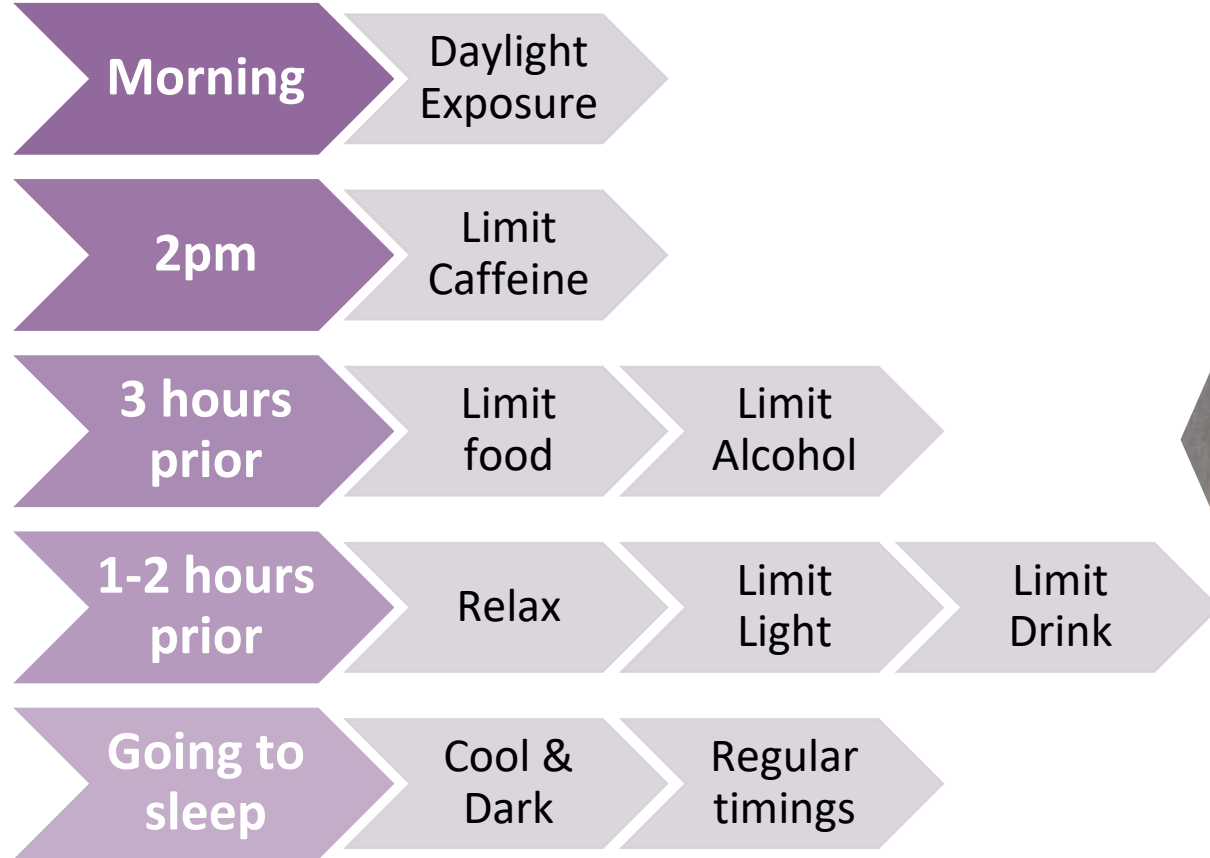
Value social connection



- **Blocks tachykinin**
 - Lowers feelings of irritability, fear and paranoia
 - Improves our immune system
- **Increases serotonin**
 - Improves mood
 - Counters stress related issues
 - Boosted further by getting outside



Invest in your sleep



Self-care self assessment: **Mental**

- **How frequently do you practice stress management techniques, such as meditation or journaling?**

Daily, Weekly, Occasionally, Never

- **Do you regularly engage in activities or hobbies that you enjoy?**

Yes, No

- **How would you describe your connection to your social support network (family, friends)?**

Very connected, Somewhat connected, Not very connected





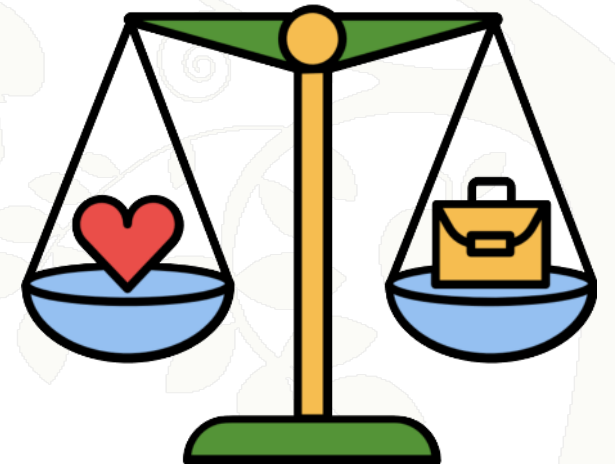
Self-care self assessment: **Work-life balance**

- **How effectively do you set boundaries between your work and personal life?**

Always, Often, Sometimes, Never.

- **How often do you take breaks or time off from work?**

Daily, Weekly, Occasionally, Never.





Creating your self-care plan



Goals	Action steps	Timeline	Challenges and solutions	Reflection
Goal 1: I want to exercise for 30 minutes, 3 times a week.	Step 1: Join a yoga class Step 2: Join a local gym	I will start on August 1st and review my progress at the end of each month	Challenge: Busy schedule Solution 1: Plan workouts in advance	I will keep a habit tracker and review this on a monthly basis.



Final tips!

- Do things that bring you purpose and joy regularly
- Make a self-care list
- Work self-care into your daily routine!
- Set boundaries
- Be mindful of what content you consume
- Focus on self-compassion





What self-care can you start?

Aim to get outside every day - even on the rainy days but especially on sunny days!

How can you include more physical activity?

What changes could you make to your daily nutrition?

Is it time you went for that health check?

Can you get to bed 15 mins earlier?

When did you last meet up with your friends?



Additional Resources

Leisurely
FEASTS

10 NUTRITIOUS & FLAVOURFUL RECIPES TO ENJOY

www.superwellness.co.uk

FOOD SHOPPING & MEAL PLANNING TIPS

PLANNING YOUR MEAL AND GROCERY SHOPPING WILL SAVE YOU TIME, MONEY, ENERGY AND MANAGE WHAT IT WILL ALSO GET YOU UP TO SPEED ON TRACK WITH HEALTHY CHOICES.

FOOD SHOPPING options - pick the ones that fit with your lifestyle and budget

PREPARED FOODS
Check the amount of protein, fat, sugar and salt in the ingredients list. Look for healthy fats, such as olive oil, and avoid saturated fats and trans fats. Check for added sugars and salt. Look for added preservatives.

LOW CALORIE
If your budget allows, opt for smaller portions. Check out online grocery delivery services. Plan your meals to include a variety of fruits and vegetables.

REWARD HEALTH MARKET
Check out online grocery delivery services. Plan your meals to include a variety of fruits and vegetables.

LOW CALORIE
If your budget allows, opt for smaller portions. Check out online grocery delivery services. Plan your meals to include a variety of fruits and vegetables.

Should you buy organic?
If your budget allows, opt for smaller portions. Check out online grocery delivery services. Plan your meals to include a variety of fruits and vegetables.

What to look for on the label?

Sugar content	%
Fats	%
Salt	%

Store cupboard essentials

REWARD HEALTH MARKET

LOW CALORIE

Should you buy organic?

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GET FIT

Regular exercise can help you lose weight, improve your mood, and reduce your risk of heart disease, diabetes, and other chronic conditions.

THE BENEFITS

- Reduces risk of major illness, such as heart disease, diabetes, and obesity.
- Improves mental health and reduces stress.
- Increases energy and vitality.
- Helps with weight management.
- Improves sleep quality.
- Strengthens bones and muscles.
- Reduces risk of falls in older adults.
- Improves cognitive function.
- Increases life expectancy.

CREATING YOUR EXERCISE PLAN

GETTING AND STAYING MOTIVATED

Ask your GP for guidance on safe levels of necessary before increasing your physical activity.

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THE POWER OF SELF-CARE

The World Health Organisation defines self-care as "the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider".

The Self-Care iceberg illustrates the importance of focusing on the visible part of the iceberg (self-care) as a priority for maintaining good health. The hidden part of the iceberg (illness and disability) is a result of poor self-care.

The role of self-care is to prevent or control disease. Globally 71% of deaths are due to non-communicable diseases (NCDs) which result from physiological, environmental, behavioural and genetic factors meaning that self-care plays a big role in their development and outcome.

With the global shortage of health workers expected to grow, looking after ourselves has never been more important.

Reactive: Medical care

Proactive: Self-care

Six Pillars of Self-Care

- Hygiene
- Stress
- Socioeconomics
- Self-medication
- Nutrition
- Lifestyle
- Environment

Barriers to Practising Self-Care

- Lack of support from friends, family or the workplace
- Time and accessibility
- Cost of self-care
- Not knowing where to start
- Not feeling worthy
- Not having self-care as a priority
- Not having the time to do it
- Not having the resources to do it
- Not having the knowledge to do it
- Not having the motivation to do it
- Not having the energy to do it
- Not having the confidence to do it
- Not having the skills to do it
- Not having the information to do it
- Not having the access to do it
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Benefits of Self-Care

- Better outcomes following disease diagnosis
- Higher job satisfaction
- Reduction in burnout
- Improved mood
- Increased energy levels
- Improved mental health

Six Tips for Improving Your Self-Care

1. **CONSIDER** your current health and what areas need more self-care support.
2. **BUILD** a network of people around you that support your self-care needs.
3. **PLAN** your meals to meet your self-care goals.
4. **IDENTIFY** what causes your stress and work on ways to reduce it.
5. **START SMALL**, set yourself achievable goals to improve health.
6. **REFLECT:** Put a reminder in your diary every three months to review your self-care plans and if anything needs addressing.

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Oat, peanut butter chocolate balls

Makes around 15 balls

Ingredients

- 1 cup of oatmeal (rolled)
- 1 cup dark chocolate chips
- 1 cup rolled oats
- 1 cup ground almonds
- 1/2 cup honey

Method

1. Combine all the ingredients in a mixing bowl and mix to combine. Press the ball in the fridge for 20-30 minutes to make it easier to roll.
2. Roll the mixture into 15 balls and store in the fridge for up to 3 days. Balls can be frozen for up to 3 months.

Ingredients

- 1 cup Oats, rolled
- 1/2 cup Almonds, ground
- 1/2 cup Dark Chocolate, melted
- 1/2 cup Peanut Butter, smooth
- 1/2 cup Honey
- 1/2 cup Rolled Oats
- 1/2 cup Ground Almonds
- 1/2 cup Dark Chocolate, melted
- 1/2 cup Peanut Butter, smooth
- 1/2 cup Honey

Method

1. Combine all the ingredients in a mixing bowl and mix to combine. Press the ball in the fridge for 20-30 minutes to make it easier to roll.
2. Roll the mixture into 15 balls and store in the fridge for up to 3 days. Balls can be frozen for up to 3 months.

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Mediterranean halloumi & quinoa salad

Serves 4

Ingredients

- 1 cup Quinoa, rinsed
- 1/2 cup Olive Oil, extra virgin
- 1/2 cup Lemon Juice, fresh
- 1/2 cup Red Wine Vinegar, fresh
- 1/2 cup Honey
- 1/2 cup Olive Oil, extra virgin
- 1/2 cup Lemon Juice, fresh
- 1/2 cup Red Wine Vinegar, fresh
- 1/2 cup Honey

Method

1. Cook the quinoa in boiling water according to the instructions, generally 10-12 minutes. Drain and rinse in a colander to cool.
2. For the dressing, whisk together the olive oil, lemon juice, red wine vinegar, and honey in a small bowl.
3. For the salad, combine the quinoa, halloumi, and vegetables in a large bowl. Add the dressing and mix well.
4. To make the dressing, whisk the olive oil, lemon juice, red wine vinegar, and honey in a small bowl. Top with the olive oil and mix well.

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Further Information

Breathing Techniques

- **Physiological sigh breathing technique**
www.youtube.com/watch?v=rBdhqBGqiMc
- **Box breathing technique**
www.youtube.com/watch?v=tEmt1Znux58

Books

- **Mindfulness for Stress Management** - *Dr. Robert Schachter*
- **Why we Sleep** - *Matthew Walker*
- **Happy Mind. Happy Life**
- **The Stress Solution** - *Dr Rangan Chatterjee*
- **The Good Life** – *R. Waldinger & M. Schulz*

Mental Health Support

- Worrying more than usual
- Finding it hard to enjoy your life
- Having thoughts and feelings that are difficult to cope with, which have an impact on your day-to-day life

www.mind.org

www.mentalhealth.org.uk

www.thecalmzone.net



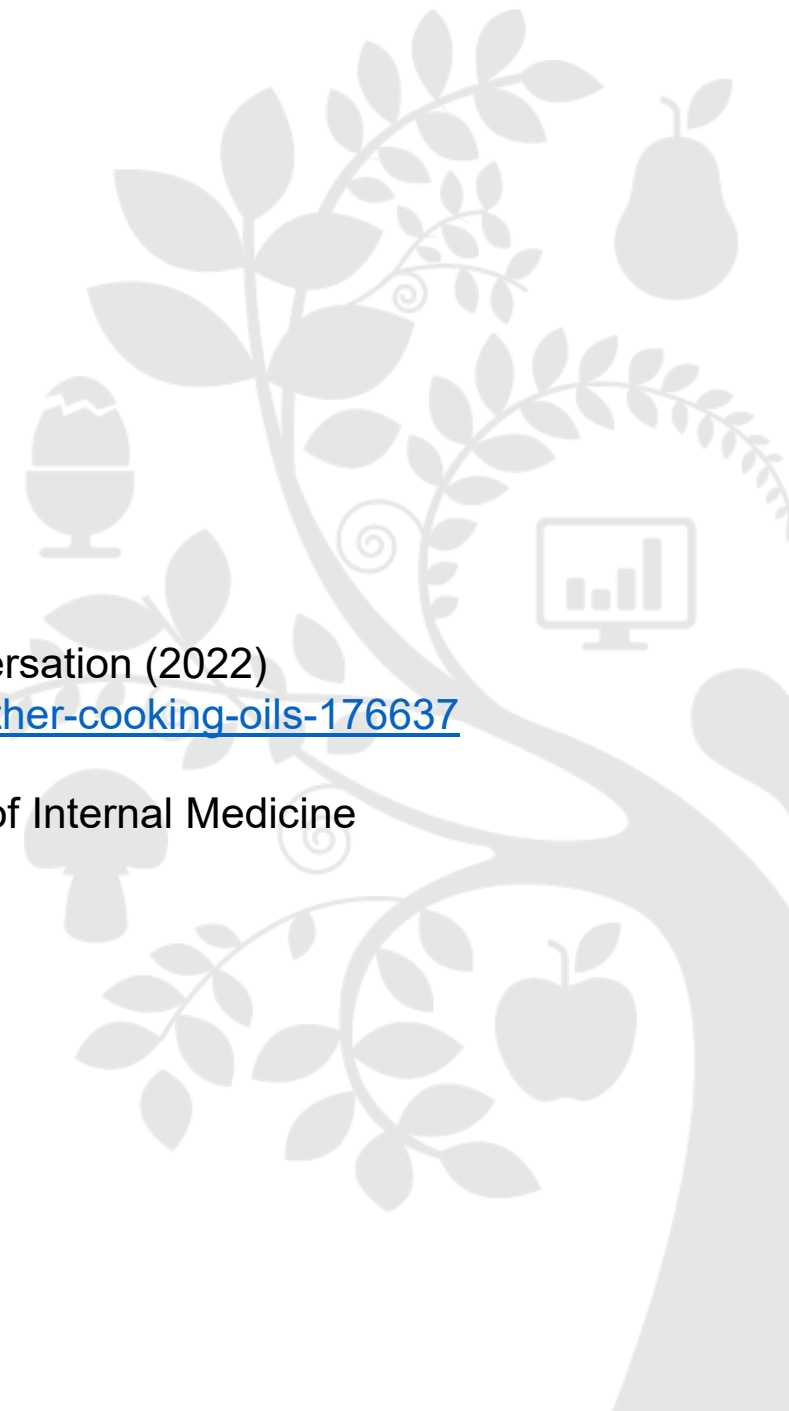
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Q & A





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