



Practicing Physical Self-Care

Physical wellbeing is often where our mind wanders when the topic of self-care is mentioned.

Beginning early in childhood, we learn how to care for our physical wellbeing. Caregivers teach us to brush our teeth daily, wash our hands before meals, and fuel our bodies with food.

Daily care is important but physical self-care also includes periodic maintenance tune-ups like dental examinations, immunizations, blood pressure checks, and the likes.

As you consider the state of your physical wellbeing, you may want to explore the following questions:

- How does my body feel today? Where do I feel tightness or discomfort?
- How would I describe my energy level today?
- What areas of my physical wellbeing need my attention?
- How am I connecting with my senses? What do I smell, hear, or taste?
- Are other areas of my wellbeing impacting my physical being?

There are hundreds of ways to care for your physical wellbeing. Does the list below inspire any call to action for you?

- **Medical Self-Care** – annual physical exam, routine screenings for blood pressure and blood sugar, appropriate use of over-the-counter and prescription medications, hearing assessment, establishing a relationship with a primary health care provider, up-to-date record of medications, surgeries, and health care visits.
- **Sleep** – 7+ hours of quality rest daily to promote physical restoration, improve cognitive function, enhance focus and concentration, and restore emotional wellbeing.
- **Physical Activity** – joyful movement, stretching, strengthening.
- **Nourish** – eating a wide variety of foods, eating when hungry, stopping eating when full, hydrating.
- **Daily Care** – brushing, flossing, applying sunscreen.