

Self-Care Group Presentation

Physical Self-Care



Objectives:

- Defining physical self care (Slide 3)
- Usefulness of physical self care (Slide 4)
- Health benefits of physical self care (Slide 5)
- Examples of physical self care (Slide 6)
- Activity number 1- Running (Slides 8-10)
- Activity number 2- Healthy diet (Slides 11-13)
- Activity number 3- Quality sleep (Slides 14-16)

Content information

General Definition of Physical Self-Care:

- Physical Self-Care refers to activities that improve our physical health.
- A form of Self-Care that improves our quality of life

Content information

Usefulness of Physical Self-Care:

- It is a foundation of good health
- When you care for your body, you're better able to handle:
 - Stress
 - Prevent illness
 - Perform at your best



Content information

Health benefits of Physical Self-Care:

- Decreased risk of diseases/illnesses
- Increased energy
- Increased focus
- Improved brain health
- Improved mood

Content information

Examples of Physical Self-Care:

- Eating a variety of nutritious foods
- Attending preventative medical appointments
- Creating a personal hygiene routine
- Getting enough quality sleep
- Regular movement and exercise

Activity- Running

- According to Merriam-Webster, to run means “to go steadily by springing steps so that both feet leave the ground for an instant in each step.”
- Two subsections of running
- Aerobic exercise is exercise which does not overcome the amount of oxygen being provided to the body, improving endurance, while anaerobic exercise is high-intensity exercise at an oxygen deficit, improving general bodily strength
- A balance of both, tilted more towards aerobic running, can improve overall health.



Running Continued

- No consensus on exactly how much of often one should run
- Some studies show increased in running volume results in an increase of mental and physical benefits
- Overrunning can cause inflammation and injury
- Conclusion: be consistent and run what feels right to you



Running Continued

- Running can decrease risk of cardiovascular mortality by 30% and a decrease risk of all-cause mortality by 27%
- Even people who only ran 50 minutes per week saw these benefits
- Running for 45 minutes 2-3 times per week can have similar effects to antidepressants or even outperform antidepressants for people with depressive disorders.



How To Start Running

- Wear shoes with support and just go out and run wherever
- Could be at a track, a treadmill, or the sidewalk
- Mix in some walking at first
- Remember to keep a slow and steady pace
- **ACTIVITY:** Jog a half lap around the quad



Activity- Healthy diet/eating

- Healthy eating is finding the correct balance of the five food groups that have been designated by the USDA which are, “fruits, grains, dairy, vegetables, and protein” (Hayes).

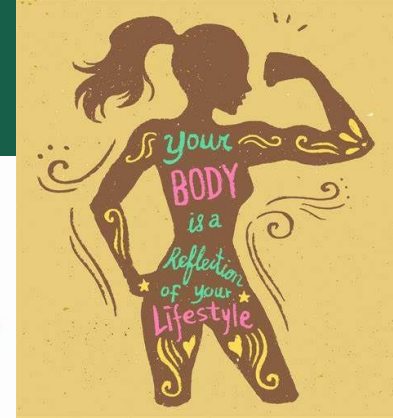
There are many different ways of achieving this, but one of the easiest ways is to follow the my food plate, according to Mrs. Hayes. One of the main diets to encompass this proportioning is the Mediterranean diet (Nutrition and the Mediterranean Diet).



Diet/eating and How it Benefits Health

Most common benefits from a balanced diet/eating is :

- Improves sleep
- Increases energy
- Helps mental health
- Decreases the likelihood of being predisposed to illnesses



Healthy diet/eating recommended amounts?

Recommended proportions tend to differ from women to men mainly because men tend to have more muscle mass than women.

Mrs. Hayes points out that the portioning for women is, “Grains (3-5 servings) - Protein (5.5 servings) - Dairy (3 servings) - Fruits and Vegetables (4.5 servings).”



Also Mrs. Hayes gives the proper proportioning for Men such as, “Grains (4-8 servings) - Protein (6.5 servings) - Dairy (3 servings) - Fruits and Vegetables (5 servings).”

A Mediterranean diet proportions things similarly to the my food plate and details even further what to have as food options in one’s diet on a chart on page 12 - 14 of *Health Benefits of Mediterranean Diet* and they recommend eating extra virgin olive oil, vegetables, legume meals (for example lentils and tofu), fish or shellfish, choosing white meat meals instead of red, fresh fruit, eat nuts, dried fruit, dairy (not cheese), whole grains breads, cereals, rice, pasta, and potato with meals, eggs, and wine.

Activity- Quality Sleep

- The body uses sleep to recover and regenerate from a day's work
- Getting enough high quality, uninterrupted sleep is essential for the carrying out important bodily functions
- Sleep is affected by the body's circadian rhythm, the reaction to the external light and darkness cycle



Quality Sleep Continued

- Losing sleep can cause issues like inflammation
- Inconsistent sleep, such as sleeping significantly longer on weekends than weekdays, can cause worse academic performances and an overall increase in dissatisfaction with life
- Losing sleep can also result in a weakened immune system and increased aging



(<https://research-ebSCO-com.ezproxypod.uCS.louisiana.edu/c/ylyukf/viewer/html/gjelfxpd5>)

Quality Sleep Continued

- To improve sleep quality, decrease exposure to blue light and screens before going to sleep to not disturb the body's natural melatonin production
- More than 7 hours, but less than 9 hours per night is ideal
- Being consistent in sleep timing every day is important



(<https://research-ebsco-com.ezproxyprod.ucs.louisiana.edu/c/ylyukf/viewer/html/chfpmnbnuj>)

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(<https://www-sciencedirect-com.ezproxyprod.ucs.louisiana.edu/science/article/pii/S1389945723001259>)

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