



## **Self Care in the Information Age**

### **Mind-Body Awareness**

By Allison Ishman, LMT, Certified Personal Trainer

When working with clients, I am constantly confronted by the need for stress busting and lifestyle balancing. People seem to know what they need for work and home activities. However, most of them can't think of anything when I ask what they do to take care of their minds, bodies, and spirits. Self-care is important for staying balanced, productive, energized, focused, and happy. So, a list of resources might be helpful.

People often have aches and pains, caused by stress or from physical activity. (Sometimes from a complete lack of activity...!) Here is a useful mini-lesson in how muscles work, so you can determine what to do when they get "verbal", and start becoming, sore, painful, or uncomfortable.

### **Resources for Change**

There are two layers of health I will address. The first is a list of self care methods you can use as needed. These are great to keep handy for battling stress "in the moment". The second are long-term techniques that may be more challenging but have greater impact on your health.

#### **1. Use them as you need them**

- Aromatherapy
- Guided Imagery – tapes, books, or imagination in your own head
- Tea – especially non-caffeinated tea. Great for reflection!
- [Stretching activities](#) or Yoga
- [Massage Therapy](#) / mind-body therapies
- Watsu and water therapies, [Hydrotherapy](#)
- Meditation
- [Cardiovascular Activity](#) (running, biking, skiing, soccer, swimming, rollerblading, etc.)
- Nutritional Supplements
- Strategic Nutritional Changes. (The more you know about this, the better you get at trouble-shooting for your own body and lifestyle. For example, cutting out carbohydrates and sugars when you're stuffy or have a runny nose will dry up all of that mucous. Without carbohydrates, your body has nothing to make mucous with.)

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## 2. Long-term Healthy Living planning

- Eat Right
- Cardiovascular Activity
- Strength Training
- Time management
- Have "The Talk". Don't avoid issues that are bothering you. Start with the big issues, and work your way down to the small ones, and eliminate as many emotional and annoying lifestyle problems as you can.
- Plan your supplements. Change them if you need to, but supplements are great insurance.
- Read. Give you mind various thoughts to keep it sharp and diversified.
- Have healthy Sex. Great for you physically, mentally, and emotionally. (Of course, be safe.)
- Get a dog? Pets are great for companions, and have been shown to help with depression and loneliness.
- [Massage Therapy](#) / mind-body therapies

Combining these resources and changing them from time to time is immensely helpful. We all benefit greatly from variety – in our diets and in our lifestyles. Look for patterns in your life, and try to plan for changes, so you can make better and better decisions about your self-care, and be as productive and healthy as possible.

Have questions? Want to suggest a self-care technique not already listed here? Want to share an experience? I'd love to hear it. Email me at [ishman1@ibodycare.com](mailto:ishman1@ibodycare.com), or visit my web site at [www.ibodycare.com](http://www.ibodycare.com).

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