



THE UNIVERSITY OF ARIZONA

Andrew Weil Center for Integrative Medicine

Integrative Self-Care: 7 Core Areas of Health



SLEEP

consistently getting adequate restful sleep

The health benefits of getting adequate and restful sleep impacts all aspects of our mental, physical, emotional, social and spiritual selves.

MOVEMENT

being active

Regular physical activity helps improve our overall health and fitness while reducing our risks for many chronic diseases

NUTRITION

eating whole non-processed nutritious foods

Evidence shows that cultures around the world that consume whole, non-processed, unadulterated food are healthier

RELATIONSHIPS

interacting respectfully with ourselves & other

Healthy socializing and relationships are essential to healthy living. As social beings, studies show that we live longer, are healthier and happier when we are with those that we love and share our lives with.

RESILIENCY

practicing stress protective activities

As we address our stress, have fun, practice relaxation, and use healthy coping skills, we build our resilience to future stress and avoid the harm stress can incur.

SPIRITUALITY

values and beliefs about ourselves & the world

Acknowledging and honoring the role of spirituality (purpose and meaning) in our health -- what we do in life, as well as how and why we do it.

ENVIRONMENT

managing our physical surroundings

The emphasis of interconnectivity reminds us that if our internal or external environment is out of balance, we are out of balance.

TYPES OF SELF-CARE PRACTICES

DAY-TO-DAY

Day-to-day are basic self-care practices that are simple, inexpensive and usually done everyday.

Examples:

- Brushing your teeth
- Voiding when called
- Drinking when thirsty
- Spending time with loved ones
- Getting adequate restful sleep
- Participating in physical activity
- Eating nutritious foods with regular frequency

FROM TIME TO TIME

From time to time self-care practices that address symptoms or health needs that come up (illness, mental health, physical injury, etc.)

Examples:

- Extra rest/fluids/nutrition when recovering
- Using non-prescriptive over-the-counter or herbal product appropriately
- Inhalation or application of an appropriate essential oil
- Applying an herbal compress

IN-DEPTH SELF-CARE

In-depth self-care practices may involve activities that require outside professionals or additional training and guidance

Examples:

- Prayer, meditation, journaling
- Massage appointments
- De-cluttering important spaces
- Doing a physical, spiritual or emotional cleanse
- TCM, ayurvedic, or other CAM sessions
- Use of aromatherapy

COLLABORATIVE SELF-CARE

Partnering with healthcare professionals and following an agreed upon approach to improve one's health.

Examples:

- Taking a medication or herbal formula as prescribed by your PCP
- Follow a modified diet as recommended by your dietitian/nutritionist
- Performing prescribed PT exercises post-surgery
- Working with a spiritual advisor on a personal healing ceremony
- Working with a fitness/physical activity instructor