

# PHYSICAL SELF CARE

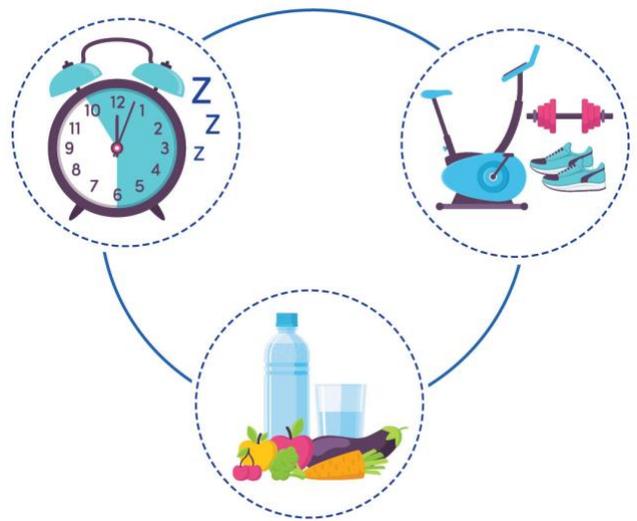
## SESSION 11 OVERVIEW:

Physical self-care can be defined as ensuring you are receiving enough rest, exercise, and nutrients for sufficient energy, nourishment, and stimulation to maintain basic optimal health. This is also important to have enough energy to heal. Good quality sleep enhances your ability to resist pain through the increased energy and restorative processes that occur during rest. Adequate exercise allows for increased physical mobility, energy and mood (due to the increase in dopamine release in the brain as a result of exercise). Nourishing your body with a healthy diet reduces inflammation, improves brain function and increases overall energy levels. Physical self-care is truly an extension of emotional self-care: how you take care of your physical needs is a reflection of how you see and feel about yourself.

## AT HOME PRACTICE:

### Session 11 Assigned Exercises:

- BLS Soft – Slow (Mental Healing)
- Dietary and Physical Activity Goals (page 2)



Bilateral stimulation (BLS) for sleep has been found to stimulate various physical and mental changes, including decreased arousal, relaxation effects, increased cortical activity associated with restful sleep, quieten the brain's worry circuit, and enhanced access to positive emotional memories and states. Practice BLS Soft (slow) using the Overcoming Pain App daily with your non-noise cancelling earbuds. Start the track once you are in bed and ready to go to sleep. Listen to as low a volume as possible to avoid inadvertently stimulating your mind. Additionally, complete the goal setting exercises for diet and physical activity found on the next page. Ensure the goals you set are specific, measurable, attainable, realistic, and time-bound (SMART goals).

## Dietary and Physical Activity Goals:

Dietary Goal: Set one diet or nutrition related goal that you would like to work towards for the next month. Please be sure that the goal is specific, measurable, attainable, realistic, and time-bound. Use this goal as the first stepping stone toward reaching a long term dietary goal.

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Physical Activity Goal: Set one physical activity goal that you would like to work towards for the next month. Please be sure that the goal is specific, measurable, attainable, realistic, and time-bound. Use this goal as the first stepping stone toward reaching a long term physical activity goal.

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