

Teller County

SEEDS

Self-Care Guide



Teller County
Public Health
and Environment
&
Community
Partnership Family
Resource Center





Welcome

Welcome to our guide to self-care. Teller County Public Health and Environment has partnered with Community Partnership. As a collaborative team, we want to encourage our community to take care of your physical health, mental health and each-other. Self-care is not selfish, you shouldn't feel guilty for taking care of yourself. When you practice self-care you will be more kind and present with your spouse, kids, family, friend, coworkers, and yourself! You will also find that you are more productive and more likely to continue making mindful choices about food and exercise. Self-care can also improve sleep quality and mental health.

In Health and Wellness,

*Teller County Public Health and Environment
& Community Partnership Family Resource Center!!*

SEEDS

What Is SEEDS?

SEEDS is an acronym commonly used to describe self care.

S: Sleep

E: Healthy Eating

E: Regular Exercise

D: Drink plenty of Water

S: Stress Management

Daily Success Habits

Follow SEEDS daily to improve your overall health!

SLEEP: Why is it SO important?



- Restore Health
- Maintain Weight
- Balance Mood

- Sleep is important for restorative health.
- Adequate sleep will improve immunity, musculoskeletal, brain and many other body functions.
- Sleep is important for weight loss and maintenance of a healthy weight.
- Improving sleep will help your ability to handle stress.
- How much sleep should you get?
 - Adults: 7-9 hours/night
 - Teenagers: More than 9 hours/night
 - School-aged: 10-11 hours/night
 - Preschool: 10-13 hours/night
 - Newborns to 24 months: 9-12 hours/night



Healthy Eating:

We all have been told to eat a healthy diet and exercise. What does that even mean? There are so many diet fads and books on diet and nutrition which contradict the next only adding more to the confusion of "What am I supposed to eat?"

- Many of us continue to eat the "Standard American Diet" (SAD) which is fast/convenient and ultimately reeking havoc on your health and healthcare system.
 - The SAD is loaded with sugar, refined carbohydrates, unhealthy fats and chemicals, that unless you have a garbage pail gut, you can't digest let alone pronounce.
 - These so called foods- or "Frankenfoods", are the direct result of food addiction in America putting us at the front lines of the health crisis of chronic disease and obesity.
- The truth is, food can be therapeutic just as much as it can also be harmful.
- There is also truth that there is no one, perfect "diet" for everyone.
- Eating healthy can be expensive, but it does not have to be.
 - Shop the farmers markets
 - Grow your own food
 - Call us so that we can connect you with community partners for resources for access to healthy food and education on healthy cooking on a budget.

*"Eat Food, Mostly
Plants, Not Too
Much"
- Michael Pollen*



Regular Exercise:

What type of exercises are best? Just like with diet, there is no one exercise that is better than the other.

- Moderate, regular exercise is recommended.
 - At least 150 minutes a week.
- What is the best exercise?
 - Any exercise that you will do. Brisk walking, running, hiking, weight lifting, Pilates, yoga, low or high impact workouts-anything that gets you moving for at least 20 minutes a day.
- Sedentary lifestyles and even over exercise can be harmful to your health.
 - Rest days and stretching are just as important as exercise itself to lower risks of injury.
 - Workout with a family member or a friend.
- Join a gym, join an online workout platform to workout from home, take your workout outdoors! Colorado is your outside gym!
 - Online platforms and apps: Beachbody, Bodyspace, Nike, Peloton, Glo.



Fact or fiction: Living a sedentary lifestyle and social isolation may also increase your risks of heart disease just as much or more as someone who smokes tobacco.

FACT!



Drink Plenty of Water

We all know that we should drink more water.
Why is it important to stay hydrated?

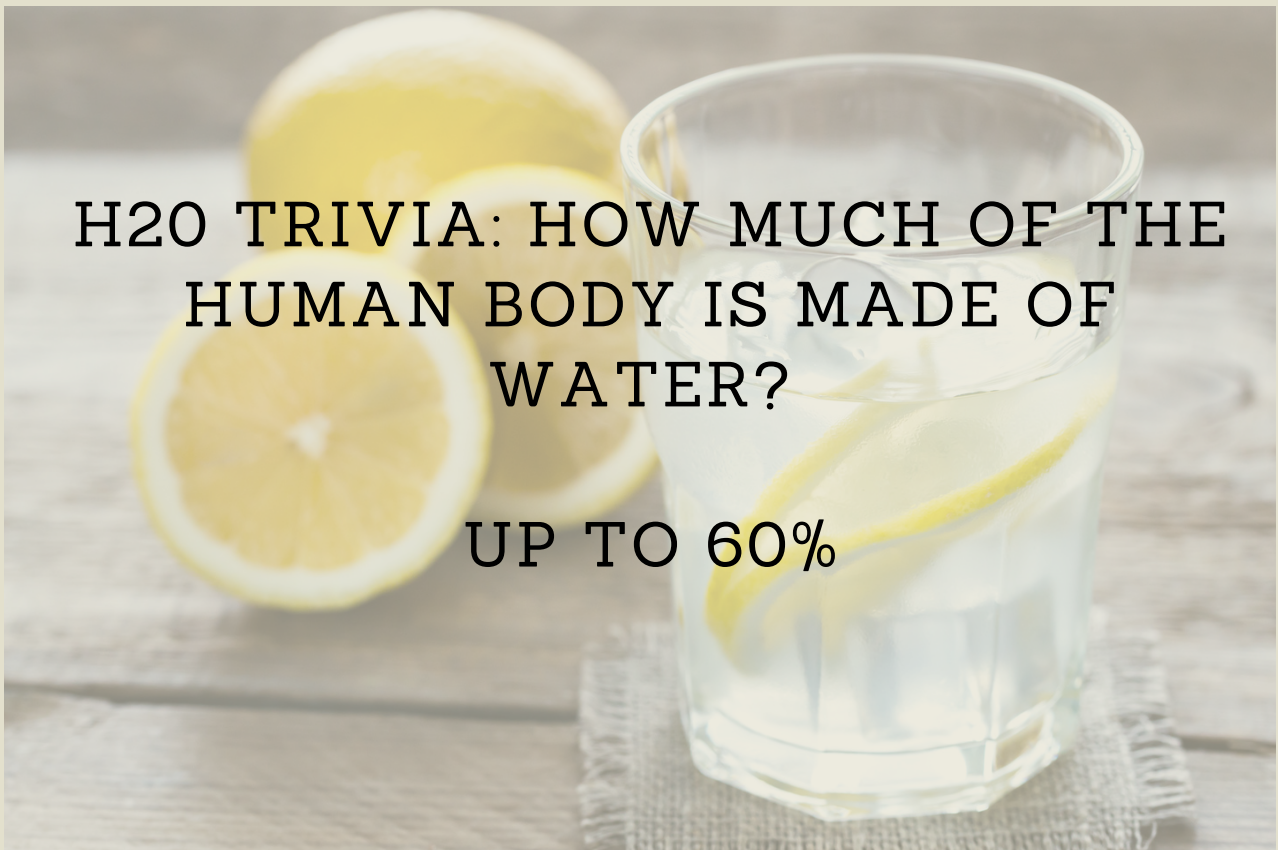
Recommendations from experts at Harvard's
School of Public Health:

"Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood".



**H2O TRIVIA: HOW MUCH OF THE
HUMAN BODY IS MADE OF
WATER?**

UP TO 60%



Stress Management

Whether through exercise and/or meditation, self-care is an important part of personal health and healing and a critical part of managing stress.

Mind-body and Self-care

- Self-care is not self-indulgent or selfish.
 - You cannot pour from an empty cup.
- Self-love is also just as important.
 - Think about what you would say to your best friend if she/he needed some words of encouragement. You certainly wouldn't tell your best friend anything negative about herself/himself, so why would you talk about yourself negatively?
- Get rid of any negative talk or thoughts.
 - It is okay to recognize them as feelings, don't let them control your being.
- **It is okay to take some time for yourself**, meditate, journal, exercise, take a walk or hike, meet a friend for brunch or take time to rest!
- Practice Deep Breathing
- You can also practice gratitude for a peaceful mind and grateful heart!
 - Studies show gratitude and positivity significantly improve feelings of happiness and mood.
 - Studies show that even doodling improved the mental health of veterans struggling with PTSD.
- According to the Institute of Functional Medicine (IFM)
 - "The body's stress response handles physical e.g., sprained ankle) or mental (e.g., worry) stressors. Chronic stress is a term that describes prolonged periods of mental stress which can have lasting effects on the entire body. People who report higher levels of chronic stress are more likely to develop heart disease, depression, diabetes, dementia, cancer, digestive symptoms, and more".



Chose Wellness

The human body is a complex organism and must be treated as a whole and not just a system of individual parts. Our body has the incredible capacity to heal. Health and wellness are the presence of life, it is not just the absence of illness and disease.

What will you chose for yourself and your family? We hope you chose YOU and chose wellness!

See the Community Resources pages for Crisis hotline contacts and Healthy Living Programs through Community Partnership Family Resource Center:

Healthy Foods and Lifestyle Choices for All! Want to know how to make healthier food and exercise choices for you and your family? Join us for our Cooking Matters classes, where you can learn how to cook healthy meals and maximize your food dollars. Grow your own veggies in our free Community Gardens! Kids ages 3-5 learn about new foods in Exploring Food Together, and they explore the benefits of sleep, exercise, and good food through music, play, and fun activities in EatPlayGrow. Want to move more? Adult Exercise classes are free and held in various locations throughout Teller County. For the kids, CATCH-ECE nurtures a love for physical activity through fun and games.



Community Resources

Get Active

Yoga:

www.cpteller.org/healthy-living/free-exercise-classes-teller-county

Monthly FREE Yoga:

FREE Adult Exercise

www.cpteller.org/class-schedules

Yoga with Leah in Divide

Mondays ~ 10:00-11:00am ~ Pikes Peak Community Club

Limited class size ~ first come first served ~ All levels welcome ~ Bring your own mat
and props

Contact Michelle for more information: Michelle@cpteller.org or 719-686-0705.

Community Resources

Community Gardens

Thank you for your interest in gardening with Community Partnership's Community Gardens program. The garden season will open around June 15th and continue through the end of September.

Cooking Matters

Cooking Matters :

www.cpteller.org/healthy-living/cooking-classes-teller-county

Upcoming class:

Cooking Matters for Families

School-age children (ages 6 to 12) and their parents learn about healthy eating as a family and the importance of working together to plan and prepare healthy meals on a budget. Hands on workshop. Take home groceries to practice the recipes.

Six Tuesday sessions, April 26th-May 31st, 2022; 5:00-7:00pm.

Workshops location TBD.

Meal and childcare provided.

Contact Michelle for more information: Michelle@cpteller.org

or 719-686-0705.

Community Resources

Crisis Hotline



If you are, or someone you know is, experiencing a life-threatening emergency, please call 9-1-1.

If you are, or someone you know is, in need of confidential and immediate mental health, substance use, or emotional help, please visit Colorado Crisis Services to be connected to a crisis counselor or trained professional.

1.TEXT TALK TO 38255

Colorado Crisis Services Text Line

2. CALL 1-844-493-TALK (8255)

Colorado Crisis Services Talk Line

YOU MATTER:

<https://engage.youth.gov/resources/you-matter>

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Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have read on this Website.

If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call the emergency services immediately.

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