

My Self Care Plan

Throughout this class I have learned quite a lot about myself and there are many things I should be more appreciative of in myself. Some of these things being physical aspects, physiological aspects and most importantly my values. Some of the physical aspects I like about myself are my eyes. My eyes are a lighter brown and I find them to be perfect. Some of the physiological aspects that I enjoy about myself are how strong I can be with goals and how I tend to go above and beyond in everything I do. When it comes to me and my goals I have a tendency to achieve or work towards them in almost everything I do. For example one of my goals this semester academically was to get above a 3.4 grade point average or to make Dean's List. I am on track to achieve this goal and as long as I pull through in Physics 121 with B. This is a massive achievement for me as a STEM major. When talking about me going above and beyond it is primarily seen in my work ethic. This can be seen in my place of work currently with me being the newest employee and being promoted twice since I arrived at the store in early August of last year or in any of my previous employers since I was fourteen years old. My work ethic is primarily my favorite quality about myself. When it comes to my values I have a strict list that I follow and live by. Some of this list is to be kind to those who are kind to, take care of any fellow person no matter what, and to always make sure those who are around are included and feel stable in everything they do. These values I live by are some of the strongest things about myself and I really cherish them. Overall there are many things about myself I am proud of.

In this class I have reflected on things in my life that I am grateful for. I am grateful for my family, my girlfriend, my friends, and outdoor activities. All of these things help keep me stable and create a backbone or life raft for me to have if things get choppy. Outdoor activities

give me an escape when things in my life get hard or tough and I just need to get out for a while. When it comes to my family, they are my closest allies and my support system. My family supports me in every decision I choose to make as long as I am not putting myself or others in jeopardy. This loving support has allowed me to prosper and work in amazing ways. My girlfriend has always been by my side. Whether it's a bad day or a good day or I just need someone to vent to, she is there for me. She is one of my biggest fans and supporters and I am beyond grateful to have someone like her in my life. My friends are some of the funniest and energetic people I have ever met. We all have the same or similar interests and everything we do we always know that we can fall back on each other. This has allowed me to have academics and fun together since most of my group are also STEM majors. All three of these things I am grateful for have created a support system and a backbone for me to rely on. Outdoor activities have and will continue to be a vital part of my life. I attend these activities in my leisure time and as an outlet when I am feeling down or resentful. These activities that I participate in are dirt biking, mountain biking, snowboarding, airsoft, paintball, target shooting, fishing, camping, hiking, and music festivals. All of these activities have allowed for me to get out and cherish the world around me and allow for me to heal in ways even I do not comprehend. I am very grateful for all of these activities. Overall all of these things I am beyond grateful for.

One of the most important concepts I learned throughout this class was the importance of gratitude. Gratitude can help me in many ways in my future. A way it can benefit me in the future is by giving me a sense of happiness for the things around me. This will benefit me by giving me a more positive outlook on life and allowing for me to be happier in almost every environment. Another way gratitude can help me in my future is through personal growth and mental health. This will help me in the future by giving a new sense of self awareness and

empathy which will allow for me to appreciate and understand the world around me. This inturn will also make me be more aware of myself and allow for me to have a more stable mental health.

Some research that helps supplement these points I made above comes from the study, 'THE BENEFITS OF GRATITUDE AND WHY YOU SHOULD PRACTICE IT DAILY - NOT JUST ON THANKSGIVING'. An example of this "People who practice gratitude before bed are proven to sleep better. It totally makes sense! By regularly practicing gratitude, you're more likely to be able to focus on positive thoughts at bedtime and avoid that negative self-talk that keeps us awake"(Romero 2021). This quote provides the fact that a better sense of gratitude leads to a better night of sleep. Another example from this study is "By routinely practicing gratitude, you rewire your brain to think more positively. Gratitude literally makes you produce 'happy hormones' aka dopamine and serotonin. Just like with physical exercise, by regularly practicing gratitude, you can literally strengthen these neural pathways, resulting in better and long-lasting production of positive feelings"(Romero 2021). This quote emphasizes that gratitude can also lead to being happier. Overall this research helps reinforce my points stated above.

Another important concept that I learned in this class was the importance of self care. Self care can help me increase my overall well being and my physical and mental state. By relying on self care my mind will have time to relax and reflect and lead to being in an overall better state. Stress and anxiety levels will decrease and I will have a strong and stable mental state. Another way self care can and will support me in my future is by increasing my physical health. This can be done by doing meditation or yoga. This will allow for my body to be in a

state of peace and to have my body and mind connected and working as one. Overall, this topic will allow me to increase my own mental state by taking care of me.

There is plenty of research to prove the points I just stated above. In the study, “Trauma Sensitive Yoga as a Complementary Treatment for Posttraumatic Stress Disorder: A Qualitative Descriptive Analysis. International Journal of Stress Management, 24(No. 2), 173–195” it talks about some of the points I made above. An example from this is, “Focused breathing, meditation, and physical movement in yoga practice have been associated with improved emotion regulation, decreased anxiety and depression, and increased feelings of interpersonal connection”(West 2017). This quote shows that practicing self care helped with the mental state in massive ways. Another example from the study, “The physical benefits of yoga practice, such as reduced muscular tension and pain, may address somatic complaints” (West 2017). This quote shows that participating in self care helps in the support of your muscles and physical health. Overall, participating in self care is important and the research provided above helps prove the points I made.

Another important concept I learned throughout the course of this class is mindful eating. Mindful eating has many benefits for me in my future. For starters, mindful eating can have a better effect on my body by having the energy it needs and allowing for this energy to help me support myself in many different ways. This can have a positive outcome on my self image by me being in shape and having my mental health and decision making in check due to no outside forces acting on me. This can also have a massive effect on my life through me being my best self and having my mind work the best it can be. Another benefit is that eating better can allow for me to have a substantial change in my stress levels for sure. Eating mindfully can be very beneficial to me and I am planning to use it to my advantage to help me secure a bright future.

There is a substantial amount of research that supports these claims above. An example of this is in the study, “‘Mom, quit fat talking—I’m trying to eat (mindfully) here!’: Evaluating a sociocultural model of family fat talk, positive body image, and mindful eating in college women’. This is one of the studies I have read on this topic. According to the study, “Increased levels of body appreciation have been linked to lower frequency of negative body talk amongst women”(Webb 2018). This shows a correlation of talking about mindful eating and what it does to people. It can and will show a positive body image and this can help me in my future life. Another example from the study is “Engaging in mindful eating positively corresponded with both positive body image indices”(Webb 2018). Overall this study proves that there is a correlation between the points I made above and the study.

There are many things from this class that I have learned to help increase my self care. A few of the things acquired from this class I have been and will continue to integrate into my everyday life to help me balance my mental health and physical health. Two things that I believe will make the largest impact in my life will be mindful eating and sleep schedule regulation. The reason for integrating mindful eating into my daily life is due to the fact of all the downsides not watching what I eat will have on me. My emotions can change and my body can go through many different changes due to all the horrible things in food that is being placed all around me daily. By participating in mindful eating my body will be able to prosper and work at maximum efficiency with no added risk of obesity or damage done and in turn this will help my mental health by allowing for my emotions and mind to work without anything working against it. The reason for implementing a sleep schedule into my life is for allowing my mind and body to have the needed sleep it needs to be my best self. I have started to go to bed close to or by one am everyday and waking up close to or at nine am. This has allowed for my body to get the full 8

hours of rest it needs and to allow for me to feel at my best. This has also given me a new sense of awareness and I feel like my brain is working and comprehending better. Overall adding both of these into my daily habits and life has increased me as a person and I feel better than I ever have.

There are many ways I can contribute to this world positively in my future. One of these ways I see myself contributing to this world positively is through acts of kindness. This can and will be accomplished in my future life through little acts of kindness like just saying hello to someone on my way to work or buying someone a coffee. Another way this can be accomplished is by buying someone in need of clothes, food, or housing. I do this when I can now but believe that once I have adult money I will be able to have it work in my budget to give back to those around me. I believe that small acts like this make the world go around and make a difference in a lot of people's lives. Another way this can be accomplished is by donating to charities. This I believe will be a positive way I can contribute to this world.

Works Cited

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