

INTRODUCTION

# Wellness & Self-Care





## What is Wellness?

- Wellness is the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health and a more balanced life.
- Wellness is a conscious, self-directed, and evolving process of achieving full potential.
- Wellness is multi-dimensional and a whole-self lifestyle.
- Wellness is positive and affirming.

Wellness is not a passive or static state—it is most definitely interactive. It is a conscious, active pursuit comprised of intentions, choices, and actions focused on an optimal state of health and well-being.

Wellness is linked to holistic health—that is, it extends beyond the physical and incorporates the many different dimensions of self. Ideally, all of these dimensions function in harmony.

Wellness is an individual pursuit—it is self-responsibility for choices, behaviors, and lifestyle, which are significantly influenced by the physical, social, and cultural environments in which one lives.

## Why Does Wellness Matter?

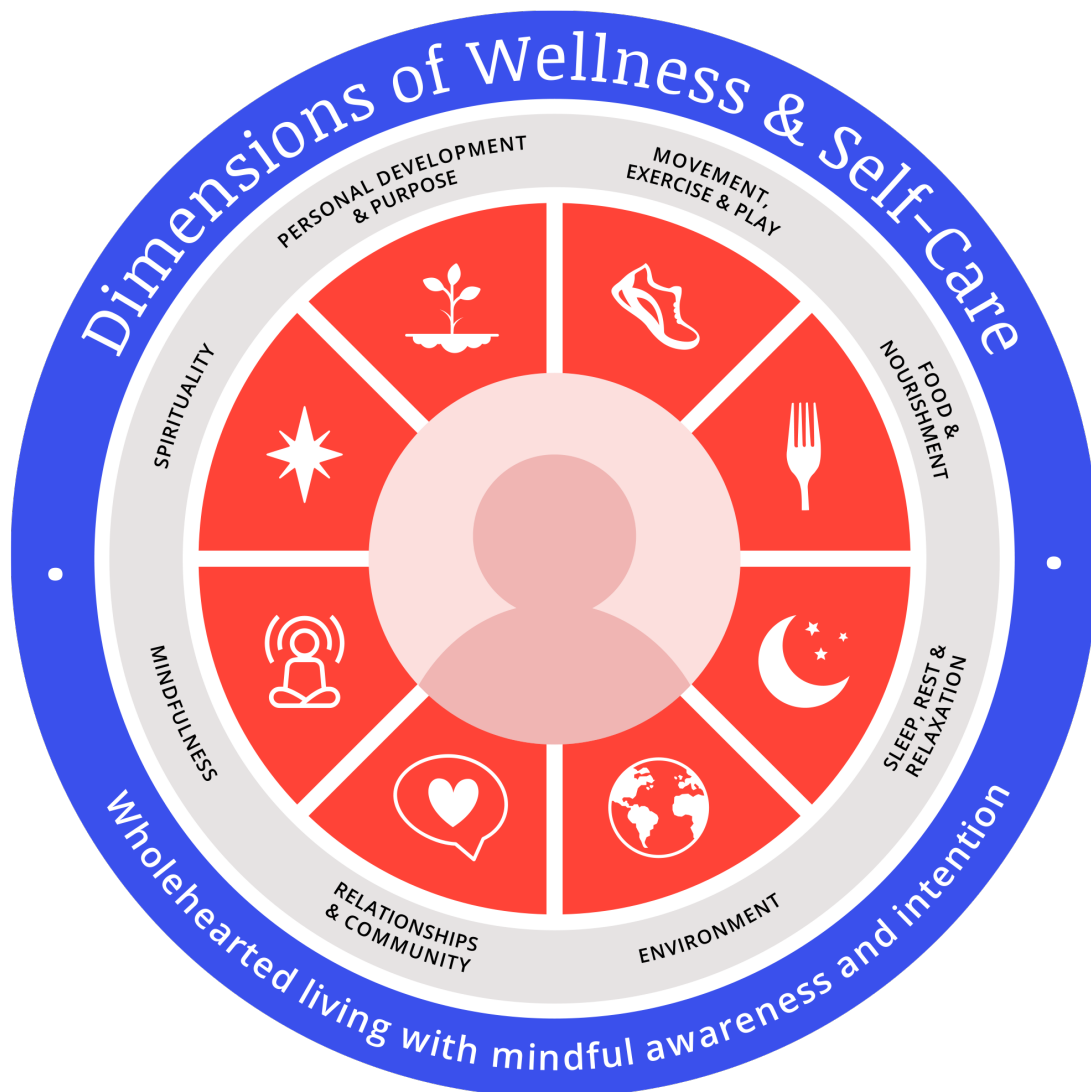
Mindfully focusing on wellness builds resilience and enables you to thrive amidst life's challenges. Wellness is a personalized approach to living life in a way that allows you to become the best kind of person you can be.

Almost every human endeavor benefits when approached with a focus on holistic wellness—it allows us to truly flourish. Living well increases energy levels, supports a positive mood, and can improve depression and anxiety. Wellness can bring a sense of peace and acceptance when moving through your days and significant life events.



## Dimensions of Wellness & Self-Care

There are eight interrelated dimensions of wellness, and each is equally important in the pursuit of maximum health. A maximum level of wellness can be achieved by understanding how to maintain and optimize each of the dimensions of wellness. **YOU** are the central focus of your wellness wheel!





### MOVEMENT, EXERCISE & PLAY

Care for your body with a focus on optimal health and function. Engage in regular activities that encourage endurance, flexibility, strength, and mobility. Foster joy through play and connect to creativity, innovation, and personal resilience.

#### FOR A BOOST:

Get moving with activities that bring you joy for 30 minutes daily! Walk whenever possible. Take the stairs to increase bone strength. Join a fitness club or try a new fitness class online. Try yoga to keep muscles and joints healthy.



### FOOD & NOURISHMENT

Nourish your physical body with intention and attention. Healthy eating habits increase your natural healing potential, increasing energy and vitality.

#### FOR A BOOST:

Eat an array of foods from various sources to ensure a balanced intake of nutrients. Challenge yourself to eat 3-5 servings of vegetables per day. Relax and enjoy your meals. Savor the pleasure of eating!



### SLEEP, REST & RELAXATION

Take time to restore your body and your mind. Invite a sense of calm during times of exhaustion, illness, or overexertion. Taking time to actively relax supports health, enhances performance, and creates a shift from the state of doing, to a state of *being*.

#### FOR A BOOST:

Seek consistent and adequate sleep to help rest and repair your mind and body. When the sun sets, turn your house lights down low to help unwind and prepare your mind for sleep. Turn off all screens at least an hour before going to bed.



### ENVIRONMENT

Create a nurturing space that provides a sense of calm and ease. Reduce toxic exposure, noise, and clutter. Take increased responsibility for the quality of air, water, and land around all of us.

#### FOR A BOOST:

Conserve water and other resources. Take advantage of local farmers' markets, CSAs, and restaurants that serve local foods. Minimize chemical use by cleaning "green" with natural or homemade products. Enjoy time outside in natural settings.



### RELATIONSHIPS & COMMUNITY

Create and maintain positive and consistent connections with family, co-workers, and friends. Actively engage in your community and make a positive impact in others' lives.

#### FOR A BOOST:

Open your mind to new experiences and ideas. Be authentic, compassionate, and kind with your actions and words. Make an effort to keep in touch with supportive friends and family. Contribute to your community. Seek or accept help from others when needed.



### MINDFULNESS

Pay attention to what is happening in the present moment (sensations, thoughts, feelings, and emotions) in an open, non-judgmental way. Incorporate practices of movement, breath work, meditation, and rest to activate healing in the mind-body connection.

#### FOR A BOOST:

Take 5 minutes to intentionally relax your body and quiet your mind. Awaken your senses and move through your day with present moment awareness. Seek a guide, class, video, or audio recording to lead you through mindfulness exercises.



### SPIRITUALITY

Develop a deep understanding of purpose and meaning in your life. Connect to the inner wisdom of your highest Self with compassion and contentment.

#### FOR A BOOST:

Spend reflective time alone in silence. Contemplate the questions "Who am I today?" and "Is this who I'd like to be in my future?" Reflect on the meaning of events in life. Practice acceptance, forgiveness, and compassion. Hold gratitude for life's blessings.



### PERSONAL DEVELOPMENT & PURPOSE

Become self-aware of your knowledge, skills, and life goals. Discover and enhance your life's purpose with meaning and intention. Be a seeker and student of life as a consistent practitioner. Never stop learning!

#### FOR A BOOST:

Engage in work that is motivating and interesting to you. Stay curious and explore what you enjoy. Create a vision for your future. Be open to change and learn new skills. Take a class that interests you, just for fun!



## What is a Wellness Coach?

Wellness coaches foster a positive mindset around health and well-being, thereby empowering and motivating their clients to become their own experts. Wellness coaches provide tools and share deep knowledge with their clients about holistic health and how to initiate and incorporate sustainable behavior change.

A wellness coach will help you:

- Take inventory in each of the 8 dimensions of wellness and self-care.
- Create an achievable, realistic plan to navigate life with resilience and grace.
- Track your progress.
- Be accountable and provide support to follow through and make lasting changes.

When you partner with Mary as your wellness coach, you have access to a certified personal trainer, yoga instructor, *and* well-being guide—**WOW!**

## Meet Mary



Mary McCarthy is a leader in the wellness industry, teaching employees, students, and older adults how to feel good at any age in mind, body, and spirit. Her degrees and certifications ground her in science, while her personal practice is intuitively taught from her heart.

With degrees in Exercise Science and Health Education, Mary began her career as a wellness professional in Des Moines, Iowa. After completing a Masters degree in Public Health, she worked for 10 years at WesleyLife, an Iowa-wide retirement community, and pioneered a comprehensive wellness program for older adults. Mary's classes offered hope and created a paradigm shift. The result: she began to witness her students were aging well.

In 2000, Mary launched Yoga by Mary with a single weekly class. In 2014, she left corporate wellness to focus her attention on building her rebranded business, Resilience & Grace. Mary currently teaches yoga classes, partners as a wellness coach, leads workshops and retreats, offers inspirational keynote addresses, writes a monthly blog, manages a YouTube channel, and produces an educational podcast. Mary's contagious smile and laughter fill the room as she shares from her heart and invites you into the journey to your best self, living a life of Resilience and Grace.

To learn more and schedule a free consultation, email Mary at [info@mary-mccarthy.com](mailto:info@mary-mccarthy.com).