

# Unselfish Self-Care

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*"No woman is a more vibrant instrument in the hands of the Lord than a woman of God who is thrilled to be who she is."  
-Sherry Dew*

SEE THINGS AS  
THEY REALLY ARE

*with charity for yourself*

**...she that lacketh charity is blind...**

**-2Peter 1:9**

[Jesus Christ] wants [her], in the end, to be so free from any bias in [her] own favor that [she] can rejoice in [her] own talents as frankly and gratefully as in [her] neighbour's talents— or in a sunrise, an elephant, or a waterfall. He wants each [woman], in the long run, to be able to recognize all creatures (even [herself]) as glorious and excellent things. He wants to kill their animal self-love as soon as possible; but it is His long-term policy... to restore to them a new kind of self-love— a charity and gratitude for all selves, including their own; **when they have really learned to love their neighbors as themselves, they will be allowed to love themselves as their neighbours.**

**-C.S. Lewis in *The Screwtape Letters***

The female body is

*the Crowning Jewel*  
of God's creation.

REJOICE IN HAVING ONE.

**Simple** self-care habits  
that make a **Big Impact**

## Move

- Move to CELEBRATE, ENJOY, and EXPERIENCE your body!
- Move your spine forward, backward, left, right, and twist to each side every day.  
**TABATA intervals**
- 20 seconds of work, 10 seconds of rest until you reach 4 minutes
- Rest for a minute and do another
- Do 2 or 3 times and you have done a quick, efficient, EFFECTIVE workout!
- Try-- holding plank, jumping jacks, mountain climbers, lunges, squats, crunches...

## Digest

- Stop eating at least 2 hours before going to bed and wake up feeling light and refreshed.
- HYDRATE with up to 40 oz. of warm water with lemon upon waking and have a bowel movement.  
**LEAVE YESTERDAY BEHIND.** It's a new day!

## Eat

- The W.O.W. (Word of Wisdom) diet is the best.
- seasonal fresh vegetables and fruit
- whole grains
- meat sparingly
- Don't stress about eliminating bad things-- Focus on ADDING in as many vegetables as you possibly can.

## Meditate

Meditation has been proven to ease anxiety, relieve depression, boost immunity, improve sleep... and on and on.

**HOW TO DO IT:**

- Sit in a quiet place with your spine tall and straight and close your eyes.
- Focus on your breath as you gently inhale and exhale through your nose.
- You may want to choose one word or short phrase to repeat in your mind with each breath.
- Notice thoughts as they arise and let them float away without any judgment.
- With a quiet mind you are more able to hear the still small voice.

*"Meditation is one of the most secret, most sacred doors through which we pass into the presence of the Lord. -David O. McKay*