

Improving Your Self Care Routine

By Emily Liptak, Mesothelioma and Asbestos Awareness Centre.

Before we can take on the job of taking care of others, it's important we take care of ourselves everyday. Whether it be mentally or physically, knowing what's going on around us and being in tune with our environment will help us better understand our own health and what to look out for. Below we can look at the many components to self care, and a few practices we can add to our daily routines.

Eat

Eating whatever you want won't be enough to lead a happy and healthy life. Paying attention to the food you are putting into your body is important in making sure you are on a healthy path and giving your body what it needs to function properly. It affects our energy levels and performance. If you go longer than five hours without eating your body will slow down and not function at its potential. It will also impact your thought process and you may notice you aren't thinking as clearly as usual. Because of low glucose levels your body will experience fatigue, low energy, and even headaches. Making sure you eat balanced meals throughout the day will help ensure productivity and a stronger thought process. Including proteins, carbohydrates, and even fats, [also known as the trifecta](#), into your diet will help your body thrive and help to stabilize blood sugar levels, AKA giving you energy to seize the day.

Sleep

Paying attention to your sleep in both quality and quantity is an important self care step. Getting eight hours of sleep may sound like an unattainable dream for some, but it's an important element for a healthy lifestyle. Putting off going to bed to finish binging an episode isn't worth it, and your favorite characters will be there for you tomorrow! It might be hard to look at the bigger picture now, but lack of sleep can lead to serious health problems. When you are sleep deprived you will have a harder time focusing and concentrating on your work. In turn, this can also impair your ability to drive putting you at a higher risk for accidents and collisions. Lack of sleep can also have greater health risks as well. Sleep loss puts you at risk for diabetes, high blood

pressure, heart disease, and creates a weakened immune system, just to name a few. There are a [number of ways](#) losing sleep will negatively impact your day, and overall life. Remember that sleep is something to be cherished and try to work in an extra hour or two wherever you can. If you're having trouble sleeping, get help! There are many professionals that can help find out what the issue may be, and create a plan for you to receive a fulfilling night's sleep.

Home

Your home is your sanctuary, and it's important to make it safe for you and your loved ones. Something that may go easily unnoticed is the air quality in your home. Everyday household tools may be bringing pollutants into the house. Things such as hairspray, oven cleaner, and countless cleaning products are most likely impacting the air around you, whether you know it or not. If you're living in a property built before 1970 it's important to be on the lookout for toxins that were popular in decades past including lead and asbestos. Asbestos was once used widely in a variety of building materials. Asbestos was popularised for its resistance to temperature, combustion, and chemicals. Developments in medicine and science quickly tied asbestos exposure to many respiratory related illnesses including asbestosis and a [rare cancer called mesothelioma](#). Mesothelioma is a form of cancer that may be found in the lungs, heart, and abdomen. It can present itself through chest pain, persistent coughing, and shortness of breath. It's important to be aware of these signs, as they have the potential to go unnoticed or mistaken as something less life altering. Getting your home tested for toxins, and mindful actions like purchasing an air purifier can provide the opportunity to improve air quality in your haven, positively impacting the better health of your family and friends.

Whether you go to bed an hour earlier, eat more protein at dinner, or make your home increasingly healthier you can make a daily difference in your self care routine. By being aware of these seemingly little things and the impact they can have on your future, you are empowering yourself and those who you surround yourself with.

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