

WEALTHY FROM WITHIN

INVESTING IN YOURSELF

When it comes to your wellness... how wealthy are you? 

ARE YOU INVESTING IN YOURSELF?

Stress is one of the leading causes of health issues, and most of us experience stress on a daily basis. We are constantly overwhelmed with responsibilities, which often results in us cutting corners when it comes to our health. To save time, we may opt for packaged snacks or a drive-thru dinner. At the end of the day, we're too drained to do anything but collapse on the couch in front of the television. Many of us suffer from poor sleep habits due to stress as well. All of this stress negatively affects both our minds and bodies, taking a toll on our immune system, energy levels, and emotional well-being.

Are you suffering from chronic stress?

Here are a few symptoms you may experience...

Cognitive	Emotional		Physical	Behavioural
Lack of focus	Negative outlook		Headaches	Low self-esteem
Difficulty making decisions	Feeling hopeless		High blood pressure	Procrastinating
Poor memory	Sadness		Gastrointestinal issues	Restlessness
Worrying	Irritable		Muscle tension and pain	Social withdrawal

THE IMPORTANCE OF SELF-CARE

What can we do to better manage stress and improve our overall health? Invest in yourself by practicing self-care. We're not talking about splurging on spa days or vacations to luxurious resorts. This type of investment is about engaging in daily activities that support our mental, emotional, and physical health. It's a simple concept, but one that is often overlooked.

Eating nutritious whole foods, exercising regularly, and making time for stress-relieving activities can help you be happier, healthier, and more resilient. Practicing self-care adds value to your life and wellness. It's all about choosing activities that you enjoy and making a commitment to start investing in you.



Almost half of all Canadians report that stress has negatively affected their sleep and outlook on life. Thirty-seven percent report that stress has negatively affected their home life. About half of Canadians indicate that they are highly stressed at least once a week. These are alarming statistics!

Some of us wind down by watching television or surfing the internet believing that this is relaxing. In actuality, these are sedentary activities that can increase stress over the long-term. Self-care is about finding activities that bring value to your life by supporting your well-being.

The Benefits of Self-Care:

- ♥ Increases energy levels
- ♥ Encourages positive thinking
- ♥ Supports healthy relationships
- ♥ Increases motivation and productivity
- ♥ Fights fatigue
- ♥ Reduces susceptibility to stress, depression, and anxiety
- ♥ Improves self-confidence
- ♥ Boosts immunity

MAKING TIME FOR YOURSELF

Practicing self-care isn't always easy. With our schedules so full, we struggle to balance work, family, and social obligations and end up prioritizing those over ourselves. You may feel guilty about spending time on yourself when there so many other things you could be checking off your to-do list. It's important to remind yourself that you ARE a priority! When you make time to care for yourself, you support your own health and happiness, which makes you more able to support those around you and deal with stressful situations when they arise.

To get started, decide on a single activity that you can add to your routine. Choose one that you can commit to and schedule it into your day. Wake up 15 minutes earlier in the morning to sit quietly while enjoying a tea or start your day off by stretching. Go for a walk during your lunch break or practice breathing exercises before bed.



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