

TAKING OWNERSHIP OF SELF-CARE

Why must we self-care?

- We live in a time of excessive and pervasive anxiety. While the state of fight or flight was useful in humanity's early history, today it is too easily and consistently triggered. This means our bodies are frequently producing excess cortisol (the stress hormone) and caught in physical and limbic pattern that trigger repeated negative thought patterns and states.
- Despite all our best efforts, life throws challenges to our emotional health. Additionally, physical pain and illness, or dis-ease, are rampant and a product of the way we live, eat and take care of our mental and physical health.
- Self-care may seem obvious but the *how* is regrettably not taught. We must develop self-awareness, self-ownership, self-love, mindfulness, and a healthy system of self-healing. Despite what our current world and way of being may tell us, our true state is not one of anxiety and disconnect, but one of joy and connection.
- The body has an innate capacity for healing and health that we should honour and nurture. Modern medicine is a wonderful thing and has its needful place, but maintaining a healthy mind and body is the first step. It might not mean we won't ever need medical intervention, but it does mean we should be able to live in greater harmony and health.