

# SELF-CARE SOLUTIONS

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## QUARTERLY NEWSLETTER

Wellness through lifestyle medicine and integrative medicine

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Z Lifestyle Physical Therapy

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- Yoga for Health
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## Yoga for Health

Yoga may help with the following:

1. Improve mental health
  2. Improve low back pain
  3. Improve balance
  4. Manage weight
  5. Smoking cessation
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## Socialization for Health

An article in the *New England Journal of Medicine* indicates the following strategies may be used to improve socialization and overall wellness:

- Gym or exercise classes
- Art-based therapies
- Volunteer opportunities
- Self-help groups
- Community classes (gardening, cooking, dancing, or sports such as pickleball)



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## Relaxation Routine

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**START:** Sit (or lie down) in a quiet place. Close your eyes.

1. Breathe in and out slowly with a belly breath (diaphragmatic breath).
2. See yourself floating a few inches from where you are sitting or lying down.
3. Think of a relaxing memory from a favorite vacation spot as you belly breathe (diaphragmatic).
4. Ease yourself into relaxation by counting down from 3 through 1 as you visualize large blue numbers.
5. Think of slowly walking down a ramp into a warm pool until the water is above your shoulders in 3 breaths.
6. Continue to belly breathe as you think about something positive you want to reinforce such as: "I feel calm"
7. Slowly come back to the present by counting from 1 through 3 as you visualize small blue numbers in your mind.

**END:** Smile gently and slowly open your eyes.

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# Improve Mental Focus and Function



Try the following to improve your mental focus:

1. Learn tai chi
2. Use peppermint essential oil
3. Get adequate natural light (especially in the morning)

Try the following to improve your overall mental function:

1. Follow the Mediterranean Diet (supplemented with olive oil or nuts)
2. Engage in physical exercise (aerobic and resistance training)

## Sources:

### Yoga for Health

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### Relaxation Routine

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## Bio:

Z Altug, physical therapist and wellness consultant, is available to speak at virtual or live events. Author of *Integrative Healing* (2018).

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