

BLUE ZONES

“Man needs difficulties; they are necessary for health.” – Carl Jung

Give yourself the gift of self-care



Remember to take time
for your health this
holiday season.
GETTY IMAGES

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We spend a lot of our holidays thinking about what we will give to others. Amid all the business, gift shopping, uncertainty, fear and stress, we all too often forget that there is a responsibility to be good to ourselves first. That means giving yourself perhaps the most important gift of all, self-care. • While this may seem selfish and difficult to enact, especially during the holidays, it's important to consider why self-care is so important. If you read the safety instructions on an airplane, it advises parents traveling with kids to put their own oxygen mask on first during an emergency, and then help their children to put their mask on. The same goes in daily life. If we do not practice our own self-care, we may not find ourselves in the position to help and support others. • Also, self-care is good for us. According to the International Center for Self-Care Research, people who practice self-care have better quality of life, are admitted less frequently to a hospital, and live longer than those who report poor self-care.

Blue Zones Project Southwest Florida suggests these simple tools to use to help give yourself the gift of self-care this holiday season and into the new year.

Use the RealAge Tool

Users of this free online tool will find out their biological age (real age) in a matter of minutes and then receive personalized resources to start feeling healthier, happier, and better than ever. This includes relaxation and wellness videos that empower users to find stillness and peace in their everyday life.

Users can transform their mind, body and spirit with Inspirations (high-quality video content for stress reduction, ambient white noise for sleep, and relaxation), and Relax 360° (videos of a 360° view of nature that are designed to help users find serenity and freedom from stress, unwind at the end of the day, or ease themselves into a restful night of sleep). Visit bzpsouthwestflorida.sharecare.com to access the RealAge tool.

Sign up for the third annual Paradise Coast Wellness Experience

The Paradise Coast Wellness Alliance,

through Be Well in Paradise, a Blue-Zones recognized organization is holding this well-being event Jan. 16-17. Dozens of wellness experts will offer creative, interactive experiences of nature, meditation, hiking, biking, yoga, art classes, fitness, healthy eating, spiritual inspiration, stress management, and more. Plans are also underway for an Olympic style “Walk to Wellness” on Fifth Avenue South on Jan. 16 as part of the opening ceremonies.

“We are preparing a robust weekend of fun, healthy activities for mind, body, and spirit,” said Peggy Sealfon, founder of the Alliance who has spearheaded its growth to include community leaders representing diverse business and hospitality sectors as well as health and wellness practitioners from throughout the community.

“We can all use a good boost to kick-start our new year,” she continued. “And we are paying close attention to CDC guidelines as we prepare and will adapt as needed.”

Full details are available at BeWellInParadise.com.

Volunteer

Volunteering has a lot of benefits and is great for self-care. It helps counteract the effects of stress, anger, and anxiety, combats depression, increases self-confidence, and provides a sense of purpose. Look for volunteer opportunities at our many Blue Zones Project non-profit partners like Meals of Hope, United Way of Collier County, Boys & Girls Club of Collier County, Guadalupe Center and more. Also, Blue Zones Project sponsor NCH Healthcare System has a great volunteer program. For more information, visit nchmd.org/about-us/volunteer-services.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit southwestflorida.bluezonesproject.com.