



# *Self-Care Guide*

*Empowering you to create a happier  
and healthier life.*

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# What is Self-care?

Self-care is more than an occasional treat or indulgence—it's a vital, ongoing practice of nurturing your body, mind, and spirit. For women over 50, this often means redefining priorities and making space for rest, reflection, and rejuvenation.

As life shifts with age—whether due to menopause, changes in family dynamics, or evolving roles—so too should the focus on personal well-being.

Self-care is about intentionally choosing habits and activities that promote a healthier lifestyle, from regular movement and nourishing meals to emotional check-ins and moments of joy.

It's a way of saying, “I matter,” and creating a foundation for aging with strength, grace, and balance.

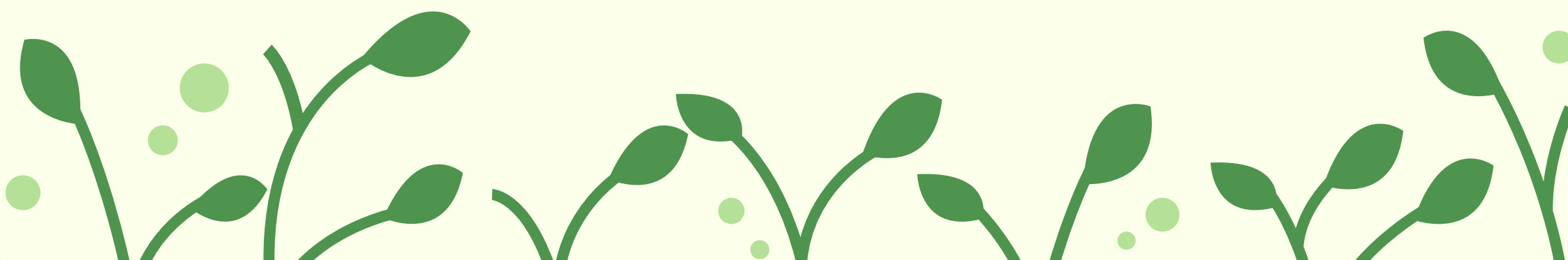
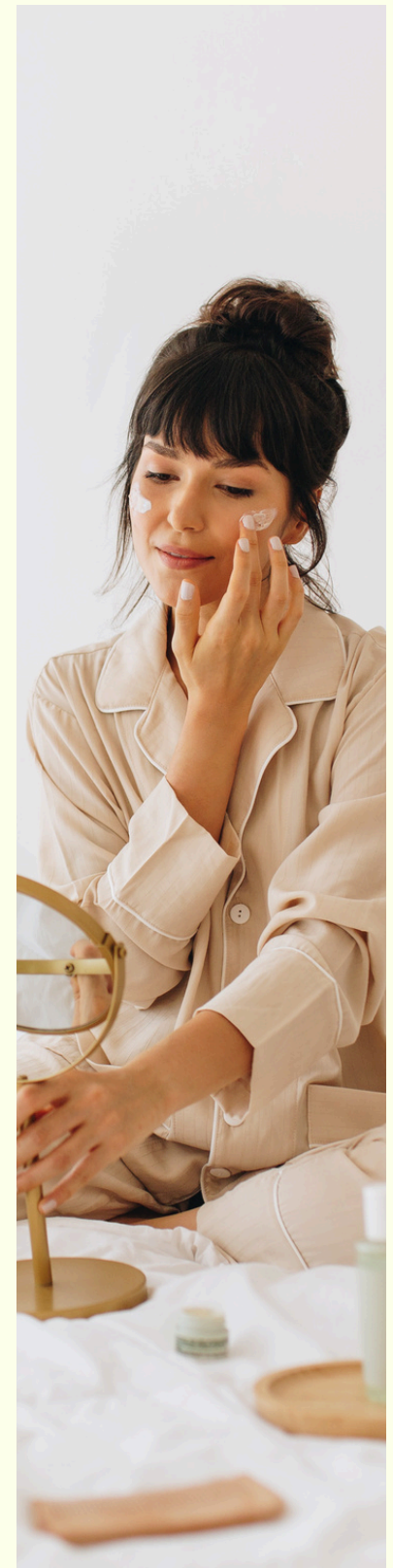




The benefits of self-care for women in this stage of life are profound. Physically, it can help manage age-related changes such as joint stiffness, decreased energy, and hormonal fluctuations, while supporting immune function and heart health. Mentally and emotionally, self-care practices can reduce stress, prevent burnout, and improve mood and sleep.

Activities like mindfulness, walking in nature, or connecting with supportive friends all contribute to a greater sense of inner peace and resilience.

Embracing self-care isn't selfish—it's essential to living a vibrant, fulfilling life well into the years ahead.





# Identifying Your Needs

Starting a self-care routine begins with tuning in to your own needs and giving yourself permission to prioritize them.

Begin by assessing the different areas of your life—physical, emotional, mental, and spiritual—and identify where you may be feeling depleted or overlooked. Small, consistent changes often have the greatest impact.

For example, incorporating gentle movement such as Pilates, yoga, or daily walks can improve flexibility, circulation, and overall vitality. Likewise, choosing nourishing, anti-inflammatory foods supports hormone balance, brain health, and energy levels.

Sleep is also essential; creating a calming bedtime routine can help improve rest and recovery. Even just 10 minutes a day devoted to your well-being is a powerful place to start

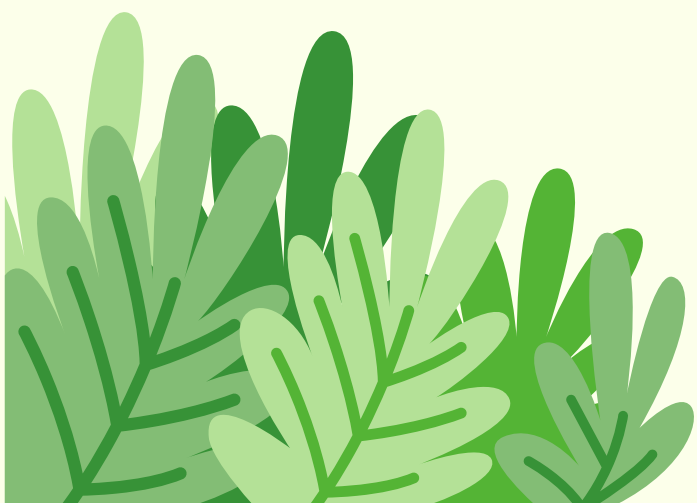


Emotional and mental self-care are equally important. Set healthy boundaries by saying no to things that drain you and yes to what uplifts you.

Create quiet time for journaling, meditation, or simply sitting with a cup of tea in peace. These moments help regulate stress and promote emotional clarity.

Social connections also play a key role—spend time with people who support and inspire you. You might also try learning a new skill or engaging in a hobby to boost mental stimulation and self-confidence.

*Remember, self-care doesn't have to be perfect or expensive; it just needs to be intentional. Start with one or two manageable practices and build from there, making your well-being a non-negotiable part of your everyday life.*



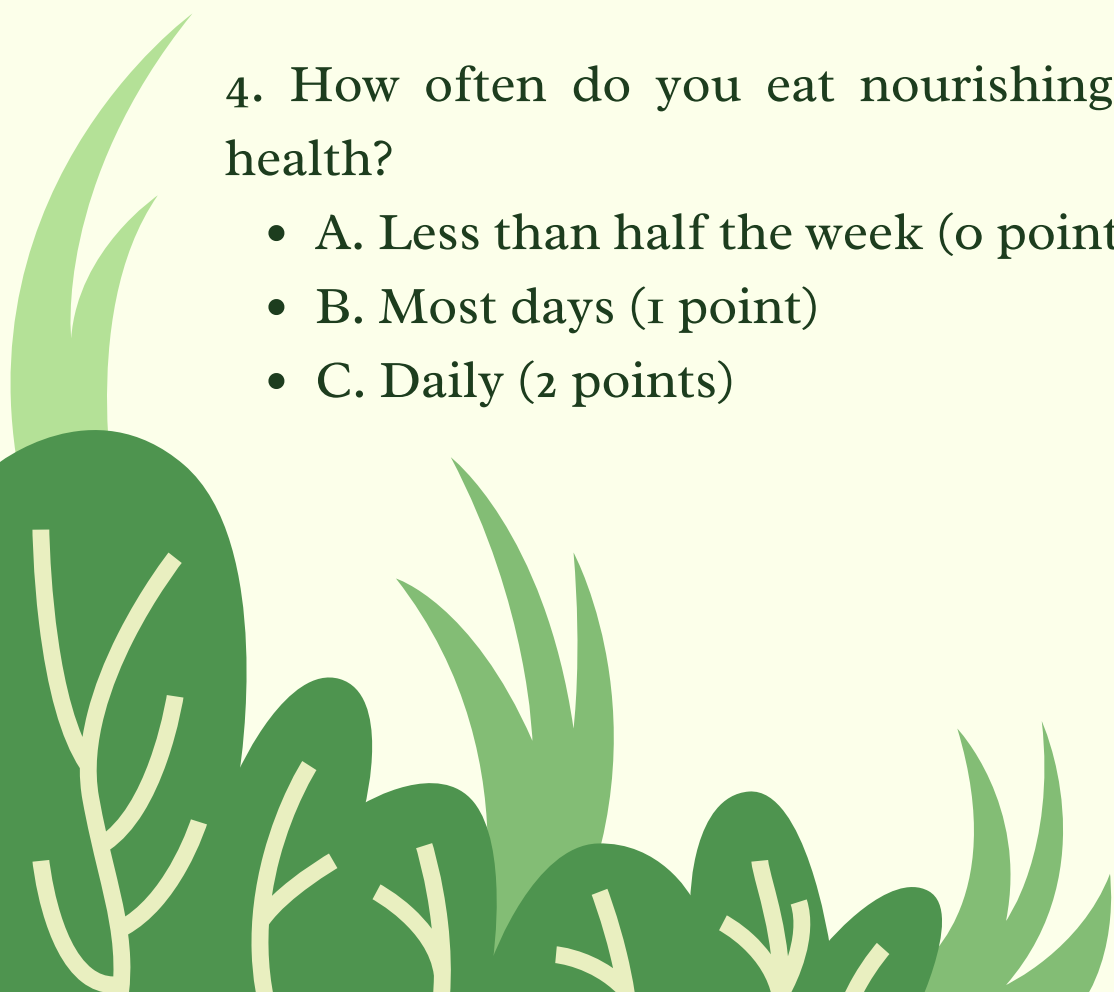



# Self-care Quiz

## Exactly How Well Are You Taking Care of Yourself?

Instructions: For each question, choose the answer that best reflects your current habits. Keep track of your points.

1. How often do you get at least 7 hours of sleep per night?
  - A. Rarely (0 points)
  - B. Sometimes (1 point)
  - C. Most nights (2 points)
2. How regularly do you engage in physical activity (e.g., walking, Pilates, stretching)?
  - A. Rarely or never (0 points)
  - B. 1–2 times per week (1 point)
  - C. 3 or more times per week (2 points)
3. Do you take time to relax or unwind every day (even 10 minutes)?
  - A. Almost never (0 points)
  - B. Occasionally (1 point)
  - C. Daily (2 points)
4. How often do you eat nourishing meals that support your energy and health?
  - A. Less than half the week (0 points)
  - B. Most days (1 point)
  - C. Daily (2 points)





5. Do you take breaks or set boundaries when you're feeling overwhelmed?

- A. I usually push through (0 points)
- B. Sometimes I pause (1 point)
- C. I actively manage stress and set limits (2 points)

6. How often do you spend time doing something you truly enjoy?

- A. Rarely (0 points)
- B. Occasionally (1 point)
- C. Frequently (2 points)

7. Do you connect with supportive friends or family regularly?

- A. No, I often feel isolated (0 points)
- B. Sometimes, but not regularly (1 point)
- C. Yes, I stay in touch and feel supported (2 points)

8. How often do you reflect on your emotions through journaling, meditation, or quiet time?

- A. Rarely or never (0 points)
- B. A few times a month (1 point)
- C. Weekly or more (2 points)


9. How often do you check in with your body and how it's feeling?

- A. I usually ignore discomfort or signs of stress (0 points)
- B. Sometimes I pay attention (1 point)
- C. I regularly listen to and respond to my body's needs (2 points)

10. Do you consider self-care a priority in your life?

- A. No, it's usually at the bottom of the list (0 points)
- B. It's something I try to include (1 point)
- C. Yes, I make space for it regularly (2 points)

#### Scoring Your Results:

- 0–7 points: Could Do More Self-Care
  - You may be putting others first or running on empty. Start with small steps—your well-being is worth the investment.
  - 8–14 points: Just About Enough
  - You're doing some good things for yourself, but there's room for more consistency. Focus on building simple daily habits.
  - 15–20 points: Excellent – You're Engaged with Self-Care
  - Well done! You're actively prioritizing your well-being. Keep it up and continue to adapt your routine as your needs evolve.
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# Lastly...

Remember, your well-being is not a luxury—it's a necessity. No one else can truly give you the care, attention, and time you deserve but you. Life after 50 is a powerful chapter filled with wisdom, freedom, and potential.

Now is the time to take control, set boundaries, and prioritize you—not out of guilt, but out of deep self-respect. When you carve out time for rest, joy, movement, and reflection, you don't just improve your health—you remind yourself that you are worth the effort.

So take that walk, book that class, sit in stillness, or laugh with friends—because your life is still unfolding, and it deserves your full presence.

