



Health Med.
Training Solutions



A GUIDE

SELF-CARE HACKS *for*

WOMEN



Backed by Scientific Research

GUIDE

What's Inside

- ▣ The introduction to Selfcare
- ▣ How to Practice Self care
- ▣ Create Self Care Routine, You Do
- ▣ Get Glowing Skin at Home
- ▣ How to Plan Healthy Meals
- ▣ Best Self Care Habits



- ▣ Morning Routine of Geniuses
- ▣ The Easy Guide to Meditation
- ▣ Improve Your Sleep Patterns
- ▣ Invest in Learning Everyday
- ▣ Mindfulness for Mental Health
- ▣ Free 3-in-1 Wellness Course



INTRODUCTION

hello!

My name is Brett Robertson, and together with Health Med. Training Solutions team of medical doctors, professors, doctors of Chinese medicine, & other specialist practitioners we are excited to share some useful self-care hacks.

My personal journey into wellness began from a young age when training to become a professional sportsman, now, after studying & practising in over 40 countries, together with a hand selected group of top international healthcare professionals, we aim to empower people to live healthy, happy lives by sharing everything we have learnt, with over 180 years of collective experience.

We have created an online learning platform, Health Med. Training Solutions to deliver our highly interactive learning opportunities to purposeful individuals, companies, and several specialist courses for professionals.

Best regards,

Brett Ian Robertson



Health Med. Training Solutions

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SELF-CARE

guide

What is Self-care?

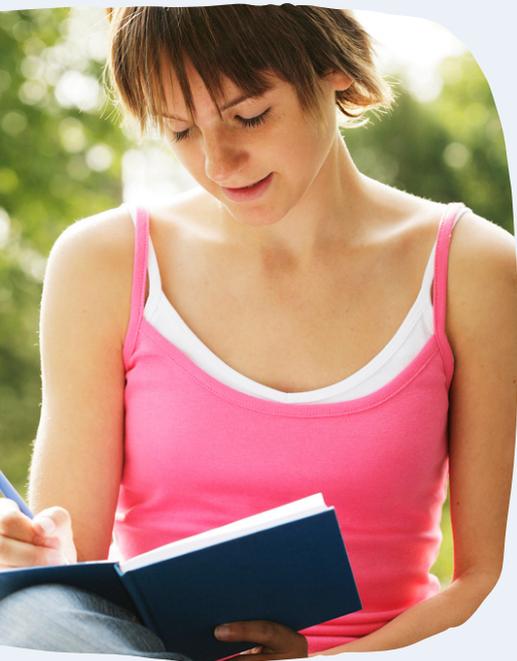
Self-care is the practice of looking after your own health using the best knowledge & information available to you. It is a process of decision-making that empowers your ability to look after your overall health efficiently & conveniently, in collaboration with health & social care professionals, as needed.

(The Global Self-care Federation)

Key concepts of Self-care



- Making healthy choices
- Self monitoring & symptom recognition
- Self management



Future of Self-care

An ageing population, growing increases in stress & chronic illness are key factors shaping the future of self-care.

We are all looking to fast track our self-care & wellness, and have come to expect holistic, personalised solutions across every aspect of our lives. Health Med. delivers affordable, convenient courses at their fingertips, & welcomes you to the Self-care revolution.

Benefits of Self-care

- **Empower** your health and wellbeing to improve your quality of life
- **Balance** - manage multiple conditions successfully yourself
- **Value** - The short-term investment into yourself creates long-term benefit for you & those around you.
- **Growth** - Become more Self-compassionate, aware & productive.



01.

CREATE A SELF-CARE ROUTINE

You actually Do

Most of us know that we should be practicing self-care, but when it comes to prioritising it into our daily lives we struggle. Often, people are juggling several priorities at once, which often leads to leaving your own needs at the bottom of your to-do list.

At its core self-care is about everyday habits that nurtures your health, quality of life, recharging you, & makes you feel centered.

Becoming the best version of yourself involves listening to your body, taking moments to check-in, and challenging your behavioural patterns and belief systems. When you invest in you, you give yourself the fuel you need to show up as the best version of yourself in your everyday life.

Here are some simple ways to make self-care part of your daily routine & actually stick to it, **here are 5 tips to get you started:**

- **Introduce things you love doing and brings you joy**
- **Write down your plans & prioritise these activities**
- **Keep the routine simple**
- **Allow flexibility to change the activities that suit the moment**
- **After a few days re-evaluate, & adjust your approach accordingly**



02.

GET GLOWING SKIN AT

Home

The 'self-care movement' has empowered people by shifting their involvement from solely skincare products & cosmetics to one's own natural beauty and unique self.

Regularly taking care of your skin provides a host of both physical & mental benefits. As the largest organ in the body, the skin performs many important functions like: protection, temperature regulation, vitamin D production etc., but simplistically having youthful, glowing skin can boost self-esteem & confidence, making you feel fantastic.

On a deeper level, you feel like you're honouring yourself aesthetically, by making time for yourself. By investing in a few minutes, going through each step rhythmically, peacefully, & in a purposeful manner, can almost be meditative.

6 ways to reinvent your skincare for Self-care:

- Consistent Skincare Routines - High Quality Skincare ('Your Time')
- Rhythmic Daily Facial Lifting Exercises for Rejuvenation
- Facial Stretching, Massage & Self-Love Affirmations
- Eating for Glowing Skin - let each mouthful build health & radiance
- Rest, Recovery & the Fountain of Youth - regulate sleep patterns
- Become Self Aware & Body Knowledgeable - learn about your skin





03.

HOW TO PLAN HEALTHY

Meals

Are you stuck on the 'treadmill'? getting drawn into the vortex of the daily grind, existing rather than living. One of the easiest ways of changing this begins with your food, & taking care of your gut.

Our digestive & nutritional health affects our brain health, & by default our mental state. From a young age, we're taught that eating well helps us look & feel our physical best. What we're not always told is that good nutrition significantly affects our mental health, too.

It's pretty simple: to fuel your body, you need healthy, balanced foods. Ideally, organic/less processed. **Some ideas to get you started, are:**

- **5 Foods to Boost Your Brain** – Fatty fish, broccoli, dark chocolate, nuts & coffee
- **Eating for Mental Health** – Creating a healthy relationship with food is an underrated ingredient, in a balanced diet (also good hydration)
- **Nutrition for Glowing Skin** – Every skin cell is built, repaired & maintained by the nutrition ingested daily. Macro & micronutrients play a key role in improving skin health

Eating a healthier diet doesn't require eliminating yummy foods or even making a huge shift in your lifestyle. Small, sustainable changes such as swapping out snacks like sugar cookies for fruit are a good start.

04.

BEST SELF-CARE

Habits

Self-care is progression. You've heard the saying, "you can't pour from an empty cup". Self-care is doing what you can, so you are balanced & energised to achieve all that you want out of life. By nourishing your mind, body & spirit you prepare yourself for success. Self-care increases your happiness, ability to thrive & even your quality of your life & relationships.

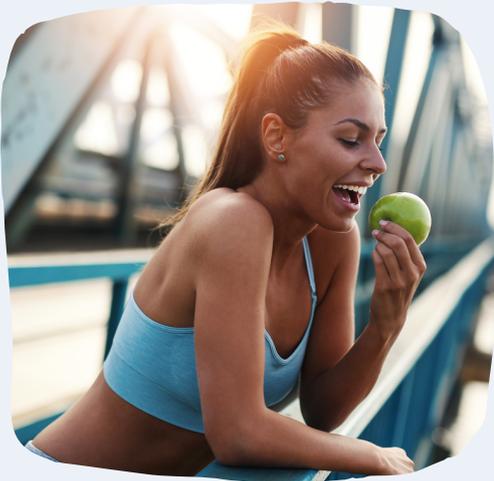
Here are some ideas to get you started:

Quick 1-5 minutes:

- Gratitude Practice – *Dr Huberman*
- Keep Hydrated
- Breathe
- Eat Well
- Meditation
- Use Affirmations

Longer Routines:

- Elevate Your Skincare Routine
- Have Fun with Family & Friends
- Spend Time in Nature
- Feed Your Mind – Invest in You
- Start a Journal
- Begin Growing a Plant(s)



PRO TIP

As you create time for your Self-care, truly show up for yourself. This is for you, & the value you get will be directly linked to your ability to be in the moment. **Show up!**

05.

MORNING ROUTINES FOR

Your Brain

There are many ways to start your day. From feeling energised & ready to take on the world, to sluggish & straight into your social media. However, the most common is a mundane approach, that affects your environment.

What if you could shake out of this habit? building a golden platform from which to boost your brain's alertness & transform your mornings. Mental coach - Jim Kwik, shares 10 secrets on how to build new habits, strengthen memory, calm the mind & learn faster. These easy to implement performance enhancing tools create a healthy advantage for those looking to be the best version of themselves.

Here are some ideas Jim suggests:



- **Remember Your Dreams** - write them down
- **Affirmations** - exchange 'I must' (that affects) - 'I get to' (opportunity)
- **Make Your Bed** - this lets you begin your day with a win
- **Stay Hydrated** - preferably filter your water (when possible)
- **Brush Teeth with Opposite Hand** - develop new neural connections
- **Deep Breathing Exercises** - the brain requires a 5th of all oxygen
- **Drink Gingko Biloba Tea** - Said to improve focus & memory
- **Journaling** - Great for mental health, & as a goal tracking system
- **Exercise** - High intensity for 3-5min can kickstart the heart > brain
- **Smoothie** - brainpower smoothies, make them have blueberries
- **Read Daily** - 20-30min, most successful CEOs read a book a week

PRO TIP

You don't have to implement all the items in the list. Remember to give it some time.

Choose the ones you like or you want to try.

One step at a time!





06. THE EASY GUIDE TO *Meditation*

The Power of Meditation – Meditation is a simple technique you can use to improve focus, reduce stress & improve your health in as little as three minutes a day. Meditation supports you feeling more relaxed & can shield you from the physical & emotional effects of chronic stress, but you can also meditate at anywhere –anytime –& its free. You don't even need a guide or group; you can meditate independently. Although, guidance may give you confidence in the beginning.

One definition of meditation is: the practice of observing your thoughts & refocusing your attention. Although, this is also an over simplification, it gives you a basic framework.

What Do I Need to Start Meditating? You could theoretically meditate at any time—& from any place, without any special equipment. However, there are a few elements that will make meditation easier & allow you to enjoy the benefits, as a beginner:

- **A quiet setting**
- **A comfortable position**
- **An objective focus**
- **An open & non-judgemental attitude**



07.

IMPROVE YOUR SLEEP

Patterns

Good sleep habits (“sleep hygiene”) can help you get a good night’s sleep. In difficult times, it’s easy to neglect our physical & mental health but it does need looking after.

Many people find it difficult to take time out to ‘recharge their batteries’ because they don’t want to seem lazy or selfish but it’s important to remember that to be the best version of yourself, you need to look after **'number one'**!

6 Tips to improve your sleep:

- **Consistency is key** – go to bed at a similar time each night
- **Create a restful environment** – clean, quiet, dark, & cool
- **Limit / remove electronics** – e.g. TVs, computers & mobiles
- **Food** – avoid overeating, caffeine, alcohol & certain vitamin supplements before bed.
- **Get adequate exercise** – regular activity improves sleep
- **Journal concerns** – write down any worry's &



PRO TIP

Dr Huberman discusses how hormones affect your sleep. Reduce exposure to light late in the evening, to wake up earlier feeling refreshed. He goes on to promote yoga nidra, for those struggling to rest





08.

INVEST IN LEARNING

Everyday

In today's fast-paced world, we tend to turn to our phones for entertainment or comfort, scrolling through news feeds that can contribute to our stress & worries rather than helping it. Learning more about how to take care of yourself & nurture yourself to more easily reach your goals & have fun in the process is like gold. **6 Benefits of Being a Continuous Learner:**

- Learning makes your brain healthier – neuro-regenerative
- Acquiring new knowledge & skills allows you to create healthier habits – dedicate 15min & watch the transformation!
- Skills lead to increased confidence, motivation, & resiliency
- Learning grows your social support networks
- Lifelong learning provides you with greater opportunities for career growth, resources & leading-edge strategies
- Learning helps create states of flow, which is associated with better mental health outcomes & higher overall life enjoyment.



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09. MINDFULNESS FOR MENTAL Health

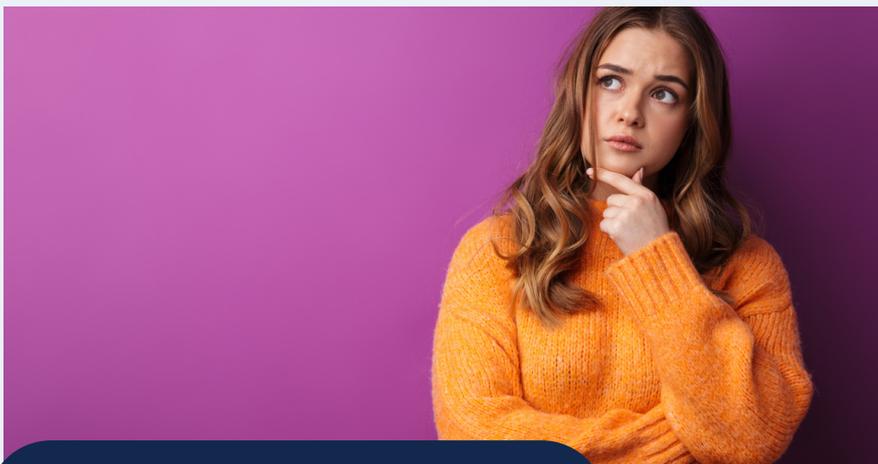
What is mindfulness?

Mindfulness is a way of paying attention to the present moment. Common tools include, using techniques like meditation, breathing & yoga. Mindfulness helps you become more aware of our thoughts & feelings so that, instead of being overwhelmed by them, we're better able to manage them.

Evidence shows compelling support for Mindfulness-Based Stress Reduction (MBSR), which helps people to cope with stress, your mental health & to support your overall wellbeing.

8 Simple Mindfulness Exercises:

- Breathing Exercises
- Mindful eating
- Body Scanning
- Affirmations
- Mindful pause – seek silence everyday
- Mindful movement / walking
- Mindful meditation
- Mindful wake-up (start with purpose)



PRO TIPS

"Mindfulness is the aware, balanced acceptance of the present experience."

– Sylvia Boorstein



SELF-CARE COURSE

Recommendations



*Facial Lifting
Everyday
Exercises*
- Dr John Tsagaris



*7 Goto
Strategies
to Relieve
Stress*



*Developing a
Growth
Mindset*



*Linking
Awareness
Discovery*
- Intercellular
Communication

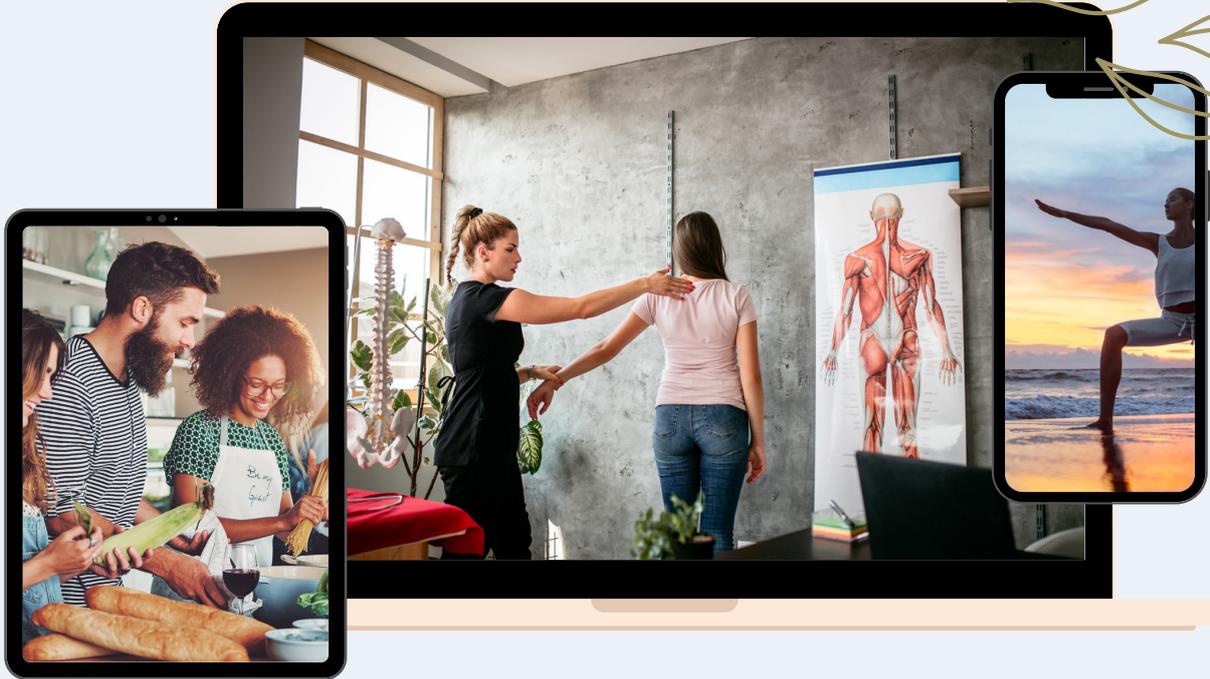


eLearning for Wellness Wisdom - offering you exclusive wellness & self-care courses from leading healthcare experts. Unique wellness solutions from skincare to mindfulness, nurturing your mental & physical development.





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