

Dr Mark Arcuri

Transformational Tips Newsletter



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Hi !

*Disclaimer! This is a bit long! But I think great info so **skim** it and **save** it and **share** it and **use** it! ♥*

I trust today finds you well and managing in your best authentic way with all that is happening. When I wrote a few days ago I mentioned my philosophy of applying a **biopsychosocialspiritualenvironmental model** to life and how at this time it is even more important. I promised five e-letters over the next ten days ... here is **Number 1 – Biological Self Care!**

Biological Self Care is... All Year Long and No Matter What

I was in my garden yesterday. It's still quite chilly here in Santa Fe (New Mexico) but I have a years-old compost pile out there that nurtures the earth around my vegetables every year, so I like to keep it stocked with kitchen scraps all year long. It's a good metaphor: *Biological Self Care is all year long!*

I noticed some garlic coming up. I didn't plant it. A good reminder: *Biological Processes go on no matter what!*

But to support the process we need to be mindful of self-care. Self-care creates **resilience**, and resilience is key. I was talking with a client in a coaching session last week. We came up with the metaphor of a palm tree: towering high, swaying gently even in the strongest of winds. Palm trees rarely break, even in a hurricane! They go with the flow while maintaining their inner – physical – integrity. And, we must do the same.

Biological Self Care is... Your Physical Wellbeing

We live in a world that appreciates the interconnectedness of Mind, Body, and Spirit, and I believe we must also add Social and Environment to that web. Everything we do in each aspect affects the other, including our physical self. But we still need to tend specifically to our physical self, knowing the importance of allowing a flow of wellbeing through our body. And we know that when we do that, all other aspects of our self are supported as well.

Biological Self Care is... Supporting Your Physical Wellbeing

With COVID-19 among us today life is dramatically altered. Foundational to my physical health has always been two main things – nutrition, and movement or exercise. Other elements are preventive healthcare and seeking health advice when feeling unwell, and all-important sleep. Just four ingredients! Really, very easy. Usually. Now, not necessarily.

I've noticed a couple things these past weeks. *First*, my nutrition is off track. In reflection I see that I've done a lot more impulse buying lately. Nothing I have bought on impulse supports my physical health. Yet I've eaten all of it. And fast! My eating has become less mindful. I can feel it – and I can see it. No Bueno!

Second, my sleep is off. I'm still sleeping my usual 8 hours (note, not everyone *needs* 8 hours!) but I don't feel as rested in the morning. Could be a side effect of nutrition and that's probably part of it. My sleep app (NapBot in the App Store) says I'm not sleeping as deeply. I believe it.

What is going well? My preventive healthcare* practices are still on track. I supplement seasonally and intelligently and continue other wellness practices like a daily neti pot during winter with a nice little concoction that keeps my sinuses healthy; green tea to sub for some (not all!) of my good Mexican coffee, and I add some plants to each cup to boost my immune system even more; elderberry syrup daily, eat from the rainbow despite the impulse buying.

Movement / Exercise has also been going well... until today! Today is the first day that gyms are closed here and so for now it's no longer an option to hop over in the pre-dawn hours. More about that, below.

So, what to do?

Biological Self Care is... First, Making a List

Take a moment and make a quick list: Grab a piece of paper and divide into two columns. Label the left side, "Things Supporting My Physical Health" and label the right side, "Things I Can Adjust".

Then, think about the activities you are practicing now, today, that affect your physical health, and list them in the left column list everything you are doing

well.

Then, write down everything you can improve upon in the right column.

Biological Self Care is... Then, Making Adjustments*

Now, next to each of item in the right column jot down specific things you can do to get them back to the left column. Here are some suggestions in each area in the age of COVID-19 when options might be limited:

- **Nutrition:** Give it some structure! I've decided to go back to a 21-day plan I've used in the past when I needed to adjust my eating. I love Tasneem Bhatia's *21-Day Belly Fix*. (<http://www.21daybellyfix.com/>). Or, Google around for recipes that fit your eating style. Here's a great place to start: <https://www.foodnetwork.com/healthy>.
- **Exercise/Movement:** I've had to modify this with COVID-19 as well. With the gym closed I've had to move the routine home as much as I can. I started today with the same 30-minutes of stretching and have bands that I can attach to the wall for a pretty good workout (hopefully they stay attached to the wall!). Check out the *PlanetFitness United We Move* program on Facebook, offered to anyone (no membership required) as a way of keeping a routine during gym closures! Free daily workouts live streamed... and you can watch them anytime!
<https://www.facebook.com/planetfitness/>
- **Preventive Healthcare:** Always important and even more so now! My two go-to sites for information on practically anything health-related and for how to create and maintain well are *Dr. Andrew Weil* (<https://www.drweil.com/>) and *Dr. Josh Axe* (<https://draxe.com/>).
- **Sleep:** Ever so important! Another foundation of resilience, and one of the greatest challenges in our modern world, COVID-19 or not. Spending more time at home is a perfect opportunity to perfect sleep hygiene. Here's a great start; experiment with what works best for you: <https://www.drweil.com/blog/spontaneous-happiness/preparing-your-mind-for-sleep/> and consider an app to help track it!

Watch your Inbox on Saturday for tips to help ensure your **Psychological Self Care!** In the meanwhile, heed the advice given us and do your part to keep your community safe and to make COVID-19 a memory!

Be well.

With gratitude and appreciation,
Mark.

*Remember to *always* consult your own health professional for clearance

before trying anything new. It could be a simple call or email to your provider. None of these should be considered personal recommendations for you without professional input.



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