



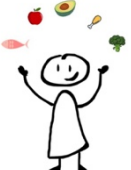




Pillars of Self-Care Survey. “The first principal of self-care is getting your physiology right so you can get your psychology right” (Dr. Andrew Huberman). Consider the following pillars and rate yourself on a scale of 1-5 (1=not in your conscious repertoire/easily dismissed; 3=conscious understanding of how this supports optimization; 5= Undeviating, even during high-stress times). Make notes about ways you can make incremental improvements.

Pillars of Self-care & Mental Health	Rating	Notes
 <p>Self-care</p> <ul style="list-style-type: none"> • Boundaries • Self-compassion • Alignment of values • Hope = Waypower + Willpower 		
 <p>Sleep</p> <ul style="list-style-type: none"> • Fairly consistent sleep times, particularly waking times • 6-8 hours of sleep per night, in quiet, cool, dim light or darkness • Consider a sleep app 		
 <p>Light and darkness exposure</p> <ul style="list-style-type: none"> • 10+ min. facing the sun on sunny days • 20+ min. facing the sun on cloudy days • Bright light (10,000 lux) or sunlight within 1 hour from waking 		
 <p>Movement</p> <ul style="list-style-type: none"> • Monitor the number of steps • 30-minute workouts 4 days a week • Power-ups throughout the day • Consider a fitness trainer 		
 <p>Nutrition</p> <ul style="list-style-type: none"> • Minimum of 65-80+ grams of protein, divided throughout the day • Meals with fiber (veggie)+ protein+ fat+ carb, in this order • Vinegar before meals or carbs • Short walks after meals • Consider a continuous glucose monitor 		
 <p>Positive social connection</p> <ul style="list-style-type: none"> • Calming presence • Respectful, listens without judgement • Makes you laugh • Supportive • Honors your boundaries • Makes an effort • Makes you feel valued 		
 <p>Stress control</p> <ul style="list-style-type: none"> • Cold exposure (plunging, cold showers, cold rooms) • Physiologic sigh (2-inhales, 1-long exhale) • Meditation and/or yoga • Exercise with learning and awareness • Heart rate variability monitors • Journaling/gratitude journals • An active practice - music, art, sports 		

