

St. Barnabas Parish Nurse Ministry

Women's Health & Essential Self-Care



By
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Am I Eating Healthy and Exercising Regularly?

- Aim to exercise 150 minutes per week, depending on your age and health condition;
- Exercise should be enjoyable – find something that is active and fun to do. Take it slow and safe, listen to your body and be kind and gentle to yourself. *Check with your healthcare provider before starting an exercise program.*
- Follow a balanced diet. Practice mindful eating. Moderation is key.
- Plan your meals and grocery shopping to make the healthiest choices.
- Remember to stay hydrated.

Am I getting enough quality sleep?

- Consider a consistent bed time routine. Try going to sleep and waking up at the same time each day.
- Limit screens (phone, tablet, tv) for at least an hour before going to sleep – try for 2 hours.
- A light bedtime snack can help sleep, but avoid heavy meals before bed.
- Daytime napping should be limited to 20 minutes.
- Healthy eating and exercise improve the quality of your sleep.

How am I feeling?

- Check in with yourself daily to identify how you are feeling and your energy levels. It's ok to not be ok.
- Take time to reflect on what you are grateful for.
- Learn to identify conflict and how to resolve it. Find strategies that work for you.
- Honour your boundaries. It is ok to say "No, I'm not comfortable with that."
- Prioritize self-care and plan your time accordingly.
- How you talk to yourself is important – it doesn't have to always be positive, but it must always be compassionate and constructive.

How often do I speak to God?

- There are different ways to pray. Find what works best for you and prioritize practising it.
- Daily reflections are a wonderful way to stay connected with God. You don't have to do them daily, you can do it regularly when it works best for you.
- Connecting with the community in service of God is also rewarding. There are many ways that you can participate and be involved e.g. music, outreach, hospitality, socializing after church.
- Prioritise your relationship with God and allow the Holy Spirit to guide you.

When last did I do health screening?

- Talk to your health care provider about when you should be doing regular screening i.e. mammogram and cervical
- Are you up to date on your vaccinations? You still need some as an adult and/or senior.
- Dental hygiene and exam are important. Make sure you are doing this regularly.
- Aim for prevention. This means that you need to pay attention to your body and reach out to your health care provider sooner rather than later.
- Find effective ways to manage chronic conditions and work closely with your health care providers to do so.

Are my relationships healthy and whom can I talk to?

- A healthy relationship is one where you can be your authentic self and feel safe.
- Do you know how to access help e.g. support groups, counselling, talk therapy, etc.?

Resources:

- *Women's College Hospital -Nutrition* <https://www.womenscollegehospital.ca/?s=nutrition>.
- *Office of Women's Health* <https://www.womenshealth.gov/healthy-eating/healthy-eating-and-women>.
- *Heart and Stroke - Nutrition* <https://www.heartandstroke.ca/articles/healthy-eating-for-women-at-every-age>.
- *Physical Activity* https://www.heartandstroke.ca/healthy-living/stay-active?gad_source=1&gclid=EAlaIqobChMI_6esgs-DhgMVGkX_AR2Nmg9KEAMYASAAEgltvD_BwE&gclsrc=aw.ds.
- <https://www.participation.com/the-science/benefits-and-guidelines/adults-65-plus/>.
- *Spiritual Health/Reflections Sisterhood of St. John Divine* <https://ssjd.ca/resources/>.
- *Heart & Stroke-Healthy Sleep* <https://www.heartandstroke.ca/articles/your-healthy-sleep-checklist>.
- *Health Screening* <https://www.cancercareontario.ca/en/types-of-cancer>.
- *Mental Health Resources* <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/mental-health-resources/>.

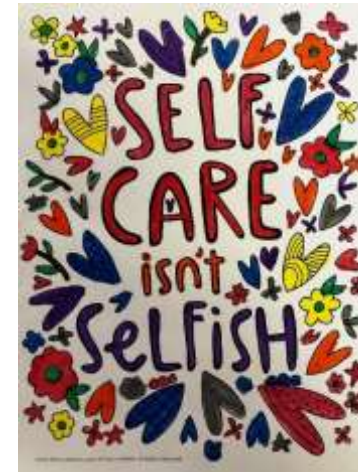


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