



# YOUR SELF-CARE CHECKLIST TO LIVE BY

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2023



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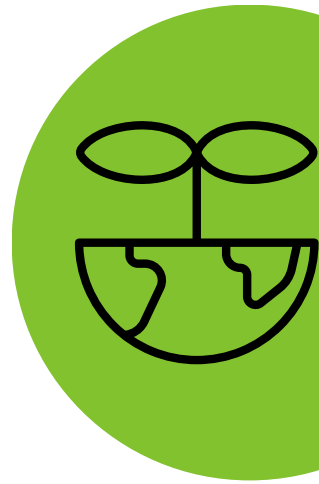
Environmental Health

## Balanced Healing

# INTRODUCTION TO ENVIRONMENTAL HEALTH

Research proves that environmental conditions play a significant role in human health and well-being. When creating a basic daily self-care checklist, including activities that will improve your environment and how you interact with it is key.

Here are some easy steps you can take to boost your environmental health:



# ENVIRONMENTAL SELF-CARE ACTIVITIES

There are 4 **Activities**



### 1 SPEND TIME EARTHING

Earthing, or grounding, involves walking barefoot outside, with the soles of your feet connecting directly with the surface of the earth. It helps to reduce stress, improve sleep and boost energy.

Practice frequency: Once a week, or more.



### 2 DECLUTTER YOUR HOME

Declutter your home to improve focus, ease anxiety and increase positive energy.

Practice frequency: A little every week.



### 3 USE TOXIC FREE CLEANSERS

Instead of using conventional, toxic chemicals to disinfect your home and body, stick to natural cleansers that won't cause adverse side effects.

Practice frequency: Daily or when needed.



### 4 REDUCE YOUR CARBON FOOTPRINT

How can you reduce your personal carbon emissions? Eat local produce, conserve water, reuse and recycle, and bike or walk instead of driving when possible.

Practice frequency: Make small changes daily.

# FINAL THOUGHTS

- When life gets chaotic and stressful, it can be easy to forget about the importance of self-care.
- Self-care is not a once-a-month trip to the spa, it involves taking care of yourself every day, without fail.
- Creating a self-care checklist is an easy way to outline your physical, social, mental, spiritual and environmental health needs.

**If you require any medical intervention to assist with your self-care health journey**

## Contact Balanced Healing

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