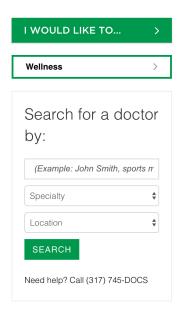
SERVICES WELLNESS LOCATIONS PATIENTS PROVIDERS CAREERS ABOUT

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## **HEALTHY ME**

Welcome to the Hendricks Regional Health self-care page brought to you by the Hendricks Regional Health Wellness Team. Our goal is to provide easy access to a wide variety of updated, usable and comprehensive information on self-care in order to help you achieve and maintain your highest level of health and function possible. In checking back here frequently, you will have access to current self-care help available from our expert associates on a wide variety of topics. We also invite you to sign up for *BeWell*, a free online health and wellness resource from Hendricks Regional Health.

What Is Self-Care? (Click for additional information)

Check out additional information below to help you get started!

"You have permission to rest. You are not responsible to fixing everything that is broken. You do not have to try to make everyone

happy. For now, take time for you. It's time to replenish. "—Unknown

## Unload for the Upcoming Holidays



Do you feel like you're still dragging after the rush of summer? Fall is the season that prepares nature for the pruning process which will ultimately result in new growth. It's a great time to take an inventory of what you need to trim back or tend to differently as you settle inward for the coming months. Take a few moments to do this Lighten Your Load Mediation (Adapted from Tris Thorp of the Chopra Center).

Please contact the Hendricks Regional Health Wellness Team if you have any questions about self-care. (317) 745-4451

## **Previous Content**

- · Help for the Holidays
- Holiday Mindfulness
- · Pain Awareness Month
- Boundaries and Opioid Prevention
- Resilience
- · Heart Month
- Seasonal Affective Disorder
- March was National Nutrition Month<sup>®</sup>

- Learn About the Amazing Brain
- Spring Cleaning Tips
- National Occupational Therapy Month
- NationalHumor Month
- Mental Health Month
- Depression and Anxiety
- The State of Mental Health in America

## Practical Self-Care Tips

- Boundaries
- Exercise
- Finding/Re-finding Meaning in Your Work
- Nature
- Nervous System in Balance
- Nutrition
- Rest/Quiet
- Sleep
- Spa/Environment
- Support Network
- Wet/Happy Brain

Visit our Mind Body website to create an account and begin registering for classes:

Register Now

