

PES™ SELF-CARE

EMOTIONAL AND PHYSICAL

Everyday topics and activities on a placemat that challenges the brain and heart!

Brought to you by the University of Arizona Center for Rural Health and by School For Seniors.

△ **PURPOSE:** Reawaken youthful spirit. △ **ENGAGEMENT:** Challenge abilities. △ **SOCIALIZATION:** Foster communication and sharing of stories.

△ **Topic**

In this placemat, we look at ways to protect our own well-being and happiness, in particular during periods of stress. The concept of “self-care” may seem like a recent trend. But Socrates, born around 470 BC in Greece, now can be considered the founder of the self-care movement. He said, “be kind, for everyone you meet is fighting a hard battle.”

△ **Moment in Time**



Self-examination can be a first step toward self-care.
Triple Self Portrait (1960) by Norman Rockwell seems to illustrate this idea.

△ **People & Profiles**

Thich Nhat Hanh (1926-2022), a Buddhist monk born in Vietnam, has been called “the father of mindfulness.” The peace activist returned to Vietnam after being exiled for 39 years and died at age 95 in Hue. “... If we believe that tomorrow will be better, we can bear a hardship today” is one of his memorable teachings.



Photo from plumvillage.org

△ **Nutrition**

Try to eat whole, nutrient-rich foods such as fruits and vegetables.

The American Heart Association recommends four to five servings of fruits and vegetables each day. Blueberries are a “superfood” and are high in potassium and Vitamin C. Carrots are a good source of beta carotene and are linked to improved eye health. They are also a sweet and crunchy treat for snacking!



△ **Word Puzzle**

The words and letters below are arranged to form word riddles. Can you decipher them?

Straw
Straw
Straw

Tijustme

Walking
H₂O

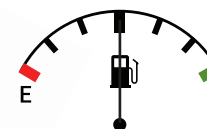


Answers: 1. The last straw 2. Just in time 3. Walking on water 4. Paradise

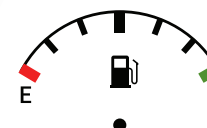
△ **Levels of Well-Being**

Mark how full your “tank” is in each of these areas. Draw in your own indicator needle.

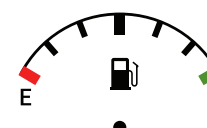
SAMPLE VERSION



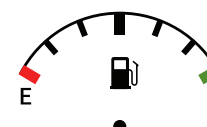
JOY



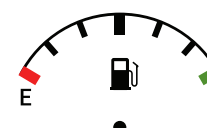
REST



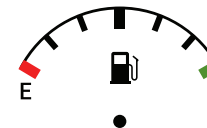
PLAY



EXERCISE

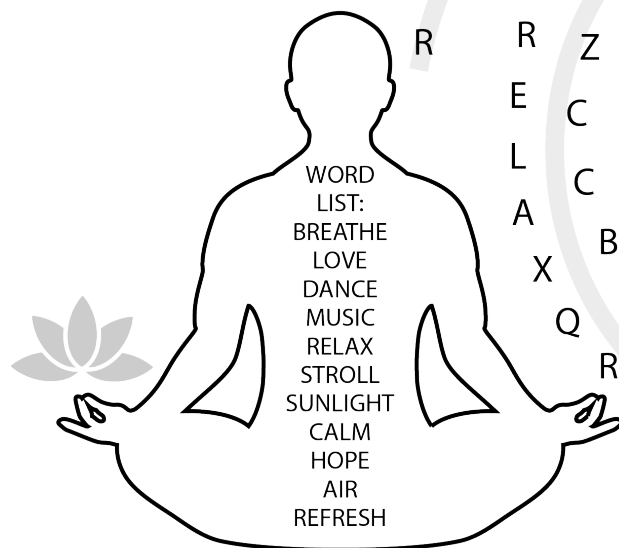


NUTRITION



E Word Search

Find and circle the words from the word list; also, try tracing your finger slowly along the spiral while breathing deeply for a bit of relaxation.



P My Story

Hello, my name is _____. We've been through a lot, haven't we? We've accomplished a lot, learned a lot and survived a lot.

One of my biggest challenges in these two years has been _____ (social isolation, Zooming, staying active, lack of supplies, changes at work, ways to relax, etc.).

Some friendships have been strengthened, some have been challenged. Through all this I miss _____ (family members, group outings, vacations, etc.) the most.

Going forward, I like what Thich Nhat Hanh said: "If we believe that tomorrow will be better, we can bear a hardship today."

Areas where I can now begin to improve are _____ (my outlook, my physical health, my emotional health, my decisions, etc.) and _____.

But the most important thing I can do is to remind myself to be present in the moment. Take things one at a time. I must continue to learn what nourishes and comforts me.

E How Do You Relax? Circle three of your most favorite ways to relax.



Gardening



Knitting



Playing Cards



Musical Instruments



Cell Phone



Walking Your Dog



Books



Pillow and Blanket

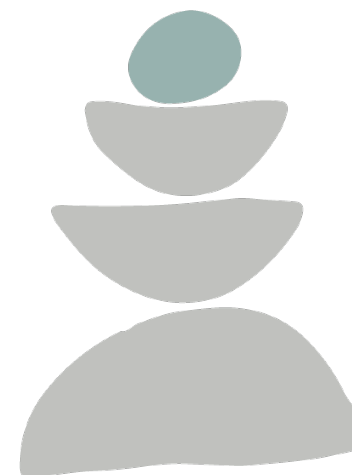


Cooking



Fitness Exercise

E Watch Video

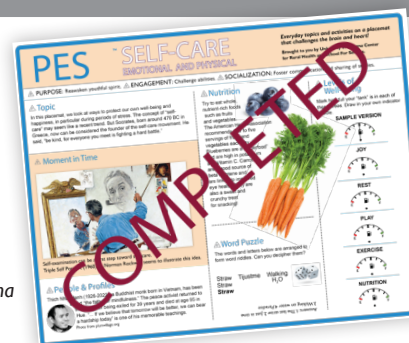


Learn about "Diaphragmatic or Belly Breathing"
Type bit.ly/3Pq2Ply into your web browser or scan your phone over this QR code.



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Share your work with us!

Take a picture of the placemat and email to UA-AHEAD@arizona.edu or mail to AzCRH AHEAD AZ Program, 1295 N. Martin Avenue, Tucson, AZ 85724-5210. Thank you for your contribution! We look forward to seeing your work which may be posted to the AzCRH website (<https://crh.arizona.edu/>).

☒ I give the Az Center for Rural Health AHEAD AZ program permission to share my work with others.

First Name: _____ Last Initials: _____