

Mind, Body & Spirit

a monthly newsletter

July 2026

from the Health and Wellness Ministry of
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses,
Nancy Foulds, BSN, RN, SCRNP
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You may contact us at
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Self Care



The Importance of Self-Care at Every Age

Self-care is often perceived as a luxury or an occasional indulgence. *However, it is a necessary aspect of maintaining overall health and well-being.* Self-care encompasses the deliberate actions individuals take to support physical, emotional, and mental health. These actions may include exercising regularly, maintaining a balanced diet, getting adequate sleep, managing stress, and participating in preventive healthcare. Regardless of age, self-care contributes significantly to an individual's quality of life.



Self-Care During Childhood and Adolescence

Healthy habits developed during childhood and adolescence often influence lifelong well-being. Children who engage in regular physical activity, receive adequate sleep, and learn healthy coping strategies are more likely to maintain these behaviors

as adults. Adolescence is a particularly important period because young people experience significant physical, emotional and social changes. According to the World Health Organization (2022), self-care empowers individuals to promote health, prevent disease, and manage illness effectively. Teaching young people the importance of self-care can help them build resilience and improve their ability to cope with stress and challenges.



Self-Care in Adulthood

Adults frequently face multiple responsibilities, including employment, family obligations, financial concerns and caregiving duties. These demands can contribute to chronic stress, which may negatively affect physical and mental health. The American Psychological Association notes that prolonged stress can impact cardiovascular health, immune system functioning and emotional well-being.

Self-care practices such as exercise, mindfulness, adequate sleep and social support can help adults manage stress more effectively. Preventive healthcare, including routine check-ups and health screenings, is also an important component of self-care. By prioritizing these duties, adults can improve their overall health and reduce the likelihood of developing chronic illnesses.



Self-Care for Older Adults

As individuals age, self-care remains essential for maintaining independence, physical health, and cognitive functioning. Older adults may encounter challenges such as chronic medical conditions, mobility limitations, or social isolation. Consistent self-care can help address these challenges and support healthy aging.

The National Institute on Aging emphasizes that social engagement and meaningful relationships contribute to better health outcomes among older adults. Additionally, regular physical activity can improve strength, balance and flexibility, while mentally stimulating activities may help support cognitive health. Proper medication management and routine medical appointments are also important aspects of self-care during later life.

Mental Health Benefits of Self-Care

Mental Health is an essential aspect of overall wellness at every age. Self-care practices can help

individuals manage stress, improve emotional regulation, and enhance resilience. Activities such as meditation, journaling, spending time in nature, and engaging in meaningful hobbies have been associated with improved psychological well-being. Studies suggest that individuals who regularly engage in self-care behaviors often report lower stress levels and higher life satisfaction. While self-care is not a substitute for professional treatment when needed, it can complement mental health care and support recovery from trauma or illness.

Building A Sustainable Self-Care Routine

Effective self-care does not require expensive products or elaborate routines. Small, consistent actions often have the greatest impact. Individuals can begin by:

- Prioritizing adequate sleep.
- Engaging in regular physical activity.
- Eating a balanced diet.
- Managing stress through relaxation techniques.
- Maintaining social connections.
- Setting healthy boundaries.
- Scheduling regular health checkups.

The most sustainable self-care routines are realistic, flexible and tailored to meet individual needs and circumstances.

Self-care is not limited by age, occupation, or lifestyle. It is a lifelong practice that supports physical health, mental well-being, and overall quality of life. From childhood through older adulthood, investing time and effort in self-care can enhance resilience, prevent illness, and promote long-term wellness. By making self-care a priority, individuals can better navigate life's challenges and maintain their health at every stage of life.

References:

- *World Health Organization. WHO Guideline on Self-Care Interventions for Health and Well-Being. Geneva: WHO; 2022*
 - *American Psychological Association. Stress Effects on the Body. Washington, DC: APA; 2023*
 - *National Institute on Aging. Social Isolation, Loneliness, and Health. Bethesda, MD: NIA.*
 - *Centers for Disease Control and Prevention. Coping with Stress and Promoting Mental Health.*
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**Please join us July 12 at 11:15 am
after Worship for our**

Second Sunday Speaker Series

featuring – Jason Moore, LPC from Tri-C as he
presents, "The Importance of Self-Care."

Refreshments will be served.

<https://www.lyndhurstcommunityoffaithchurch.org/health-and-wellness-series-the-embracing-lifes-challenges/>