



Carers are the foundation and the heart of a humane and compassionate world

THE HEALTH BENEFITS OF THE EVERYONE CARES SELF-CARE STRATEGIES

The Everyone Cares strategies are helpful because they work through the mind-body network of your physiology (psychoneuroimmunology) to:

1. Reduce the hormones of stress and anxiety, and boost the wellbeing hormones
2. Integrate your heart rate variability (HRV)
3. Bring your gut ecology into balance

These three factors can be crucial in supporting your immune system and general wellness. These are the same factors that are also responsible for the health benefits of relaxation, meditation and mindfulness. When your body is less stressed and more at ease, it spills over to support the whole of your health.

These are some of the possible benefits:

PHYSICAL

- Increased Immunity (less colds, flu etc)
- Stronger heart
- Better breath
- Eases persistent pain
- Increases fertility
- Relieves irritable bowel syndrome
- Lowers blood pressure
- Anti-inflammatory
- Improves general physical functioning, longer life

PSYCHOLOGICAL

- Resilience, better able to cope with adversity
- Improves mood, positive emotions
- Hope and optimism
- Self-esteem
- Sense of control and self-management
- Reduced depression
- Reduced anxiety

All of this then spills over into better care for others.