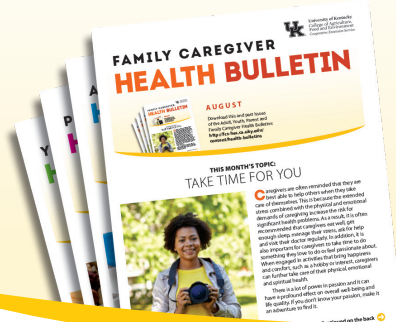




# FAMILY CAREGIVER

# HEALTH BULLETIN



FEBRUARY 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# RESOLVE TO SELF-CARE AND SELF-PAMPER



**S**elf-care includes keeping your physical, mental, and spiritual self healthy. According to Dr. Mathew Glowiak from the University of Southern New Hampshire, self-care can “clinically reduce and even eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, and improve energy.” Glowiak also emphasizes that physically, proper self-care reduces cardiovascular disease, stroke, and cancer; and spiritually, it can help people discover purpose or meaning in life.

While many know to make self-care a priority, it is often pushed aside when faced with life’s challenges such as COVID-19, busy schedules (jobs, school, caregiving), poor health, financial crisis, various losses, etc.

Ignoring self-care can lead to distress. According to the CDC, common signs of distress include “feeling fear, anger, sadness, worry, numbness, or frustration; changes in appetite, energy, and activity levels; difficulty concentrating and making decisions; difficulty sleeping

Continued on the back



# When you take time to spend time on yourself, you ultimately benefit everyone around you.

## ➔ Continued from page 1

or nightmares; physical reactions, such as headaches, body pains, stomach problems, and skin rashes; worsening of chronic health problems; and increased use of alcohol, tobacco, or other drugs.” Burnout can also lead to depression, anxiety, resentment, and many other negative consequences (Glowiak, 2020). If such negative experiences, behaviors, and feelings persist and/or prevent your ability to carry out daily responsibilities, it is important that you call a health-care provider and seek professional services (CDC).

Many self-care plans focus on various domains of wellness that strengthen, develop, and nourish who we are at our core so that we do not fall prey to distress and burnout. For example, Glowiak highlights the Substance Abuse and Mental Health Services Administration’s (SAMHSA) eight dimensions of wellness that make us whole: (1) emotional; (2) environmental; (3) financial; (4) intellectual; (5) occupational; (6) physical; (7) social; and (8) spiritual. When we keep these dimensions in balance, we reach higher levels of wellness for the long-term.

Drs. Bernecker and Becker have found that the practice of self-care and self-pampering can complement each other. While self-care focuses on prevention and health maintenance over time; self-pampering is something we engage in for temporary pleasure. In terms of a car, the engine can represent self-care — it may not be visible, but the car will not run smoothly without keeping it in good shape. The exterior of the car represents pampering — washing and polishing it makes it shiny, at least temporarily (Howard, 2020).

When used in moderation, pampering yourself in healthy ways can be a form of self-care that we should not feel guilty about. According to some researchers, taking a timeout to enjoy a simple pleasure leads to a higher sense of well-being (Bernecker and Becker, 2020). This is because temporary pleasures, even when unassociated with long-term/ongoing self-care goals, can make you feel great and provide a recharge.

Self-care, including self-pampering, can provide the necessary reset that allows you to get back to a healthy point where you can maximize

daily productivity and your part in relationships. When you take time to spend time on yourself, you ultimately benefit everyone around you.

### Self-pampering activities might include:

- Soak in a hot bath
- Sleep in or take a nap
- Go to a spa or create a spa day at home (dim the lights, play relaxing music, give yourself a foot massage)
- Unplug from technology
- Watch a movie in your pajamas
- Eat ice cream out of the container
- Buy something for yourself
- Explore your surroundings: take walks and tours within your own city and surrounding communities
- Play music
- Connect with nature: walk, pick fresh flowers, feel the wind, smell the smells
- Meditate
- Order a sweet treat and don’t feel guilty about it
- Take an afternoon off and do nothing
- Sign up for a class you always wanted to take
- Look in the mirror and compliment yourself
- Buy new sheets for your bed
- Declutter a closet

### REFERENCES:

- Bernecker, K., & Becker, D. (2020). Beyond Self-Control: Mechanisms of Hedonic Goal Pursuit and Its Relevance for Well-Being. *Personality and Social Psychology Bulletin*, 47(4). 627-642. Retrieved October 21, 2021 from <https://journals.sagepub.com/doi/10.1177/0146167220941998>
- CDC. (2021). Taking care of emotional health. Retrieved October 21, 2021 from <https://emergency.cdc.gov/coping/selfcare.asp>
- Glowiak, M. Clinical Faculty in the Counseling Program at Southern New Hampshire University. (2020). What is self-care and why is it important for you? Retrieved October 21, 2021 from <https://www.snhu.edu/about-us/newsroom/health/what-is-self-care>
- Howard, D. (2020). Self-care or self-pampering—what’s the difference? Retrieved October 21, 2020 from <https://www.ensolearning.com/blog/2020/6/15/self-care-self-compassion-self-pampering-or-selfish-whats-the-difference>

FAMILY CAREGIVER  
**HEALTH BULLETIN**

Written by: Amy F. Kostelic, Ph.D.  
Edited by: Alyssa Simms  
Designed by: Rusty Manseau  
Stock images: 123RF.com



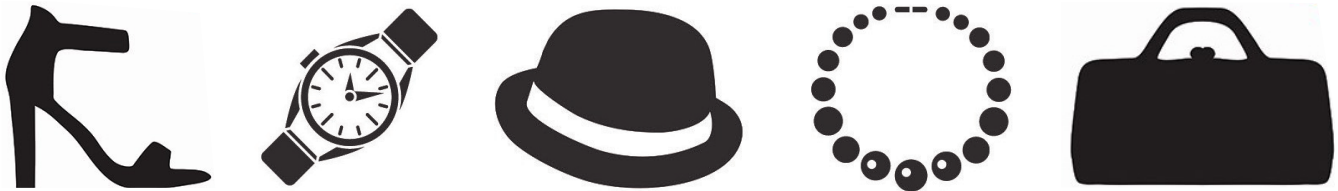
# Wardrobe accessories: Eye-catching enhancements

**Jeanne Badgett**

*Senior Extension Associate for Clothing, Textiles, and Household Equipment*

Jewelry, hats, scarves, ties, watches, glasses, shoes, belts, purses ... these wardrobe accessories are the key components to looking “stylish.” Wearing these add-ons can personalize or spruce up an everyday look. Accessories can help you become a different person each day, just by changing your shoes or jewelry. You can also achieve a “signature style” by wearing the same kind of accessory every day, such as a scarf or headband.

As fashion trends come and go, accessories can be an easy way to update your wardrobe. It is fine to have a few accessories that are “on trend,” combined with well-made, classic accessories that will always be in style. But how you wear or group accessories is just as important as the accessories themselves.



## Design concepts

Accessories can call attention to a certain area of the body or magically draw it away. Therefore, it’s helpful to have a basic understanding of the elements and principles of design as they relate to accessories. Successfully applying these concepts can result in outfits that appear unified and pulled together.

### Elements (related to accessories):

- Color – the lightness, darkness, brightness, or dullness of the color or hue (e.g., red) will impact how clothing and accessories coordinate. This contributes to the emphasis of certain areas of the body and the overall visual interest in the outfit.
- Texture – when mixing accessories with different surface appearances, such as smooth leather or fuzzy wool, you can experiment with unifying a look or creating variety.
- Line – this can refer to the outline of an object or the direction the eye follows based on how the wardrobe and accessories relate to each other.
- Shape and size – accessories are most flattering when kept in proportion with areas of the body near where they are worn.

### Principles (related to accessories):

- Balance – equilibrium of “visual weight” or focus. Too much of a design element in one area may create unwanted emphasis of a body part or be unflattering.
- Rhythm – sense of movement created by the design elements. The eye should not focus on one area of the body longer than any other area.

- Proportion – the way in which the size, shape, or position of the accessories relate to each other, as well as the outfit and the wearer.
- Emphasis – the area of the outfit that is most dominant. What do you see first?

## Styling tips and ways to accessorize

There is not a single or right way to wear accessories, but there are some general guidelines that can help you make flattering choices. Here are some suggestions:

- Accessories with a purpose can have the most impact. A distinctive purse or tote bag will add visual interest, a scarf or hat in a color that flatters your skin tone can brighten your day, eyeglasses in a design that best suits your face may lead to compliments.
- Think about the message you want to communicate with your outfit. Are you going for classic, sporty, casual, fun, or professional? Choose unique accessories to help you stand out among others dressed in the same style.
- Choose a statement piece or bold accessory, like an elaborate piece of jewelry, and base your outfit around it, so that your accessory becomes the focal point.
- Create a basic, everyday look by choosing uncomplicated accessories that blend with your outfit. You might choose a specific accessory for one area you want to highlight, such as a belt or high heels.
- Are you wondering if your accessories are “too much”? If you feel like you’re wearing a costume, you may have overdone it – so remove a piece or two.



## Be confident

Getting accessories right may take some trial and error. You may need some time to get used to wearing accessories in ways you’re not accustomed. When you try a new look, remember, many people may be seeing you for the first time, so they may assume you always accessorize that way. Take advantage of that mindset, and “own” your look. It’s your choice to wear accessories that help you either stand out or blend in. If you are unsure about the accessories you are wearing, that’s OK; you can remove them later if you start to feel self-conscious. Be confident. Wear what you feel best in, and enjoy wearing special accessories every day.

For more detailed information about choosing and wearing accessories, ask your local University of Kentucky Cooperative Extension Agent for our complete guide titled, “Accessories: The finishing touch” (FCS2-347).

### References:

- *Accessories: The finishing touch* – FCS2-347. University of Kentucky Cooperative Extension Service.
- Erlanger, M. (2018). *How to accessorize: A perfect finish to every outfit*. Clarkson Potter.
- Freer, A. (2018). *The accessory handbook: A costume designer’s secrets for buying, wearing, and caring for accessories*. Ten Speed Press.
- Friedman, L. (2018). *50 ways to wear accessories*. Chronicle Books.

Copyright © 2020 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.