The Best of evrē Season One: Show Notes

In this episode...

Show Notes:
- Gloria talks about the importance of taking care of ourselves. Self-care is not self-ish!
- Stress, lack of sleep and lack of exercise will affect your health—it’s not a matter of “if” but “when.”
- It is critical that you set aside time to take care of yourself first so you can help others.
- Self-care should happen every day—however small. Set those goals and take care of yourself.

Sleep (episode 1):
- Dr. Katherine Green talked about how sleep quality and quantity have far-reaching effects on everything from attention, job performance, mood and metabolism, as well as long-term increased risks of things like hypertension, strokes, heart attacks and early cognitive decline.
- A listener asked how to get the best sleep when you work nights or an unusual schedule. Dr. Green said to keep a regular schedule for your sleep, regardless of when it is. This means you should try to maintain the same sleep and wake schedule, if possible. Flipping back and forth between sleep schedules is more difficult. If you are having to sleep during the day, make sure you create a good sleep environment, specifically, a dark, cool, quiet space to sleep.

Health Myths (episode 5):
- Dr. Lisa Wynn talked about the importance of doing your research, but she stressed that you should “Google” with care. Make sure your sources are reliable.
- She also talked about the importance of keeping track of your personal health history and of researching your family’s health history. Know your risks!

Hormones (episode 10):
- Dr. Laura Borgelt discussed the benefits of exercise for sleep and routine, and mental and emotional health. Anything from a short walk to a hard workout at the gym—it all counts! Just be sure to listen to your body.
- Exercise can generate those “feel-good” hormones in our system.

Gratitude (episode 7):
- Dr. Rachel Slick shared how gratitude impacts physical and mental health.
- Be thankful for what you have, not what you don’t have.
- As far as how you feel about your body, try to focus on being thankful for what your body does, not just how it looks.

Self-love (episode 9):
- Dr. Vanessa Rollins explained the difference between self-improvement and self-acceptance. Self-acceptance is saying, “I am a good and valuable person regardless.”
- If you tell yourself that you will be happy when or if you accomplish something, you are not practicing self-acceptance and you will likely not be happy, even when you achieve these goals.
• Tell yourself that you are enough. Stop comparing yourself. Be your best self.

Mindfulness & Meditation (episode 11):
• Dr. Meredith Shefferman stressed the importance of taking time to be still and quiet.
• Mindfulness can help you recognize signs of stress in your body so you can respond to it.
• It’s important to learn to be in the moment, even if it’s sad or hard. This helps you process what you are feeling since we are often not aware.

Goal Setting (episode 8):
• Dr. Kathleen Flarity shares how helpful it is to do something that reenergizes, renews and re-passions YOU. This will make you better at what you do, including being there for others.
Step back and think about the big picture: Maybe today you didn’t accomplish what you wanted, but tomorrow is another day, and you can attempt again