

Fall into Self-Care: Your Ultimate Wellness Guide

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

BROADCAST SCRIPT

ANCHOR INTRO

FALL IS A GREAT TIME TO TRY SOMETHING NEW. AND THAT DOESN'T JUST MEAN THE NEWEST PUMPKIN SPICE LATTE BEING ROLLED OUT BY YOUR LOCAL COFFEE SHOP. BUT... THAT COULD BE PART OF THE EQUATION TO SELF-CARE.

TAKE VO

THE SEVEN PILLARS OF SELF-CARE ARE A GREAT PLACE TO START – WHEN IT COMES TO PUTTING TOGETHER A WELLNESS ROUTINE. THE PILLARS ARE MENTAL... EMOTIONAL... PHYSICAL... ENVIRONMENTAL... SPIRITUAL... RECREATIONAL AND SOCIAL. IT'S IMPORTANT TO MAKE EACH PILLAR YOUR OWN BASED OFF YOUR LIFE AND TRY TO OBTAIN AS MANY PILLARS YOU CAN FOR YOUR OVERALL WELLNESS. MANY OF THESE NATURALLY INTERTWINE.

OSF HEALTHCARE PSYCHOTHERAPIST SARA BENNETT SAYS QUIETING YOUR MIND IS A GREAT WAY TO BOOST MENTAL HEALTH.

TAKE SOT

"It's really nice when things slow down and you can just cuddle up in front of a fire with a blanket and some hot chocolate," Bennett says. "Just enjoy the slowness. Being able to quiet your mind is a really great aspect of self-care."

VO TAG

BENNETT SAYS GETTING OUTSIDE FOR A HIKE – WITH FRIENDS – CAN HELP OBTAIN THE RECREATIONAL... ENVIRONMENTAL... AND PHYSICAL PILLARS. WHILE VOLUNTEERING IN YOUR COMMUNITY CAN IMPROVE YOUR SOCIAL AND SPIRITUAL HEALTH.

VO/SOT #2

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BUT OSF HEALTHCARE PSYCHOTHERAPIST SARA BENNETT SAYS WHILE SLOWING DOWN AND CALMING YOUR MIND CAN BE A GREAT THING... IT'S IMPORTANT TO RECOGNIZE POTENTIAL HARMFUL THINGS THAT CAN BE DONE WHILE JUST LAYING AROUND.

TAKE SOT

“When it comes to alcohol and even things like video games, some of those topics are just avoidance. They may feel good in the moment because you’re not actively working towards something or maybe you’re physically blocking something out, but some of those things can be very harmful. It’s easy to get caught up in how good it feels in the moment and not be able to keep that balance.”

VO TAG

A MENTAL AND PHYSICAL TIP – IS TO FOCUS ON HEALTHY SLEEP. AIMING FOR 7-8 HOURS A NIGHT CAN LEAD TO BETTER PHYSICAL HEALTH... BENEFITTING OUR MOODS... AND ABILITY TO PROCESS THINGS. THE FALL IS ALSO A GREAT TIME TO GET OUTDOORS FOR A HIKE. BRING A COUPLE FRIENDS – AND YOU’RE OBTAINING THE SOCIAL PILLAR... TOO.