



VELVET BAG OF WELLNESS

Self care is often a misunderstood concept in wellness. Self care doesn't mean just stretching or exercising or even getting a massage. Often describing self care as a black velvet bag with many different tools inside seems more fitting. As a massage therapist, I often tell my client to fill their "velvet bag" with as many tools as possible. For example, massage, chiropractic care, stretching, yoga, water, physical therapy and even sitting in bed with a cold pack on their eyes in the quiet. Often times in our fast paced lives, we forget to take the time to do these "self care" techniques.

The goal is to have this black bag and dig in, pull out 2-3 tools a day. Often times self care is sparing and not diverse enough to keep the body in balance



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4 SIMPLE STEPS TO FOLLOW WHEN GETTING ON TOP OF YOUR HEALTH.

1. Get moving and get a massage. The lists are endless when researching massage benefits.
 - a. Maintenance massage: for people with chronic conditions or pain. People who wish to prevent pain or injury.
 - b. Recovery massage: for people with acute pain from injury or workout
 - c. Pre/Post event massage: For a sporting event or to calm nerves before an exam
 - d. Relaxation massage: For all of the above and to just have some quiet time to heal.
2. Self awareness is key. You know your body the best. Your body is ALWAYS communicating with you. As a society, we often say we don't have time. But sometimes all the body needs is for you to check in with it.
 - a. Lay on the floor. Have a thought about each one of your limbs. See how they feel. Check in with them.
 - b. Have confidence that you and your body are connected. Trust the bodies responses.
3. Have a ritual: Make a routine of reaching into your self care bag 2-3 times daily. Try not to make one thing your "magic pill".
4. Ask for help: When taking charge of your health, ask questions. Do your research. The more open minded you are, the better chance you have of prevention, healing and pain reduction.



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