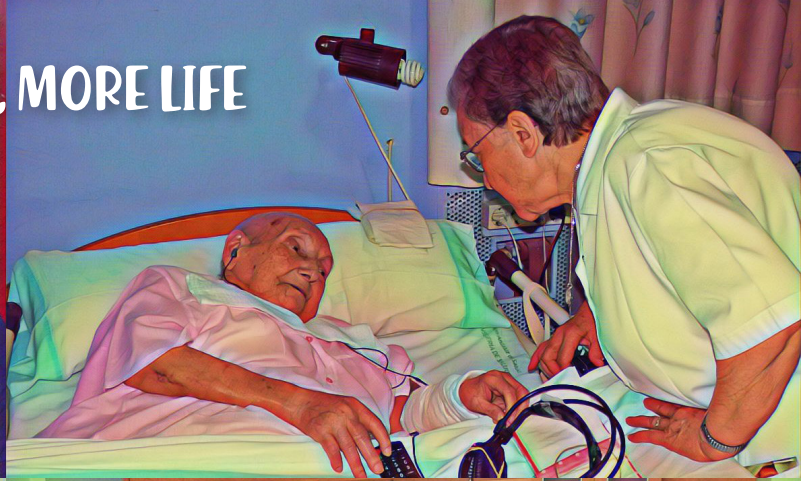


MAY
2021

MORE YEARS, MORE LIFE



A YES WITHOUT MEASURES

"TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER"



TAKE CARE OF OUR BODY

HEALTHY LIFESTYLE



They are the conditions, habits and customs that make the activity carried out by the person (work, occupation, job) to be carried out in an appropriate place, under conditions and security measures typical of their environment to achieve greater development and well-being.

Self-care is the duty and responsibility of each person to take care of their own health, that of the family and that of the community. And she must: Love herself, know her body, decide on her own health, carry out healthy activities in the community, work and daily life.

One of the most important activities to be identified are those situations that favor the appearance of diseases (risk factors) and establish actions to control them and suspend habits that are harmful to their health (alcohol, cigarettes, diets high in fats and sugars).

MAINTAIN AN ADEQUATE WEIGHT

- Eat everything, but be moderate and always combine different types of foods.
 - Be moderate in the consumption of flours, starches such as rice, potatoes, cassava, bananas, yams, pasta, sweets, chocolates and fats.
 - Reduce or eliminate canned and deli foods from your diet.
- Eat animal protein such as red and white meat, eggs, dairy, and plant-based protein.
- Include in your diet foods rich in fiber, fruits and vegetables that also provide vitamins and minerals.
 - Do not forget that the body needs water, drink between six and eight glasses.

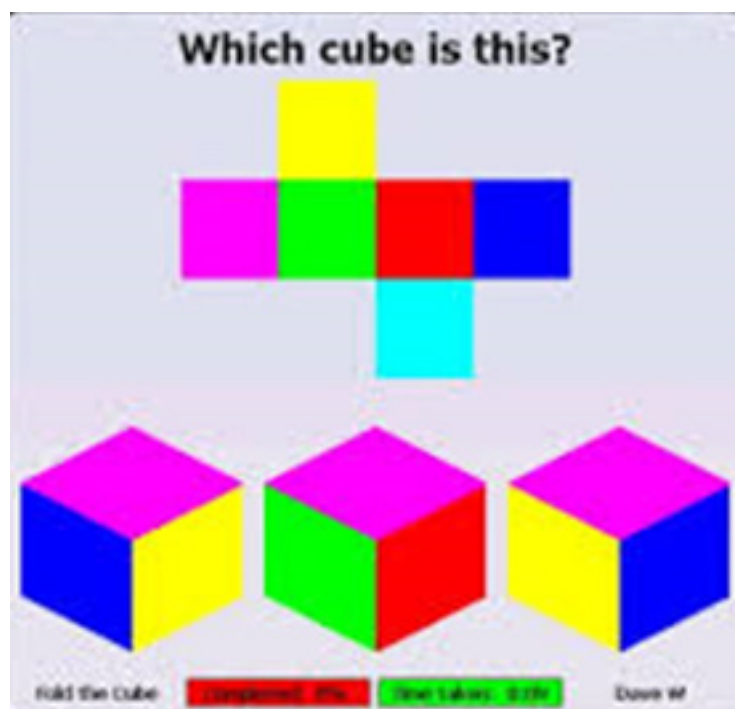
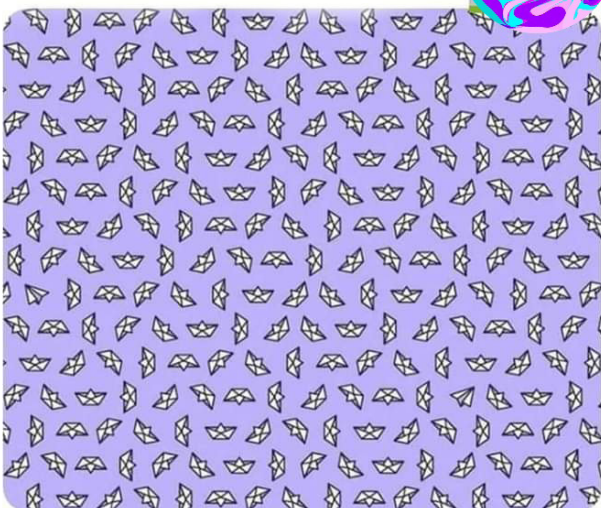
SALUD AMBIENTAL

- Keep the room neat and clean.
- Clearly distinguish between necessary and unnecessary elements and eliminate the latter.
- Keep tidy: keep the necessary things in the right place to facilitate an easy and immediate location.
- Encourage dialogue and communication to avoid misunderstandings that cause stress to others.
- Take therapeutic walks - dialoguing (walking talking)
- Frequent physical activity (exercise, recreation, sport) is healthy because:
 - It improves the capacity of your heart.
 - They keep blood pressure at its normal values.
 - It improves your physical and mental capacity.
 - It increases the body's defenses.
 - It allows to manage stress and, in some cases, avoids it.
 - It generates a feeling of rest and well-being.
 - It prevents diseases.

TAKE CARE OF OUR MINDS

<https://www.youtube.com/watch?v=lpVcOHBuWJY>
https://www.youtube.com/watch?v=K7sVXsCks_4

Find out two paper works aeroplanes.



TAKE CARE OF THE ENVIROMENT



TOP 10 THINGS YOU NEED TO KNOW ABOUT POPE FRANCIS' LAUDATO SI.

YouTube:

https://www.youtube.com/watch?v=a_lqFTYLc_4

TAKE CARE OF THE SPIRIT

We are in the month of May, the month of Mary in some parts of the world. Month in which the Pope invites us to pray for the end of the pandemic in different Marian shrines around the world.

We are going to take the Formative Charismatic Itinerary, the Advanced age, the root "Mary" in each of the Experiences and we are going to walk with her:

EXPERIENCE OF SALZ:

- Value the presence of Mary in your personal story:
- Make memory of Mary in your life as a welcoming and faithful woman.
- Contemplate the growing fidelity of Mary to the will of God.
- Pray with Mary.



EXPERIENCE OF THE JAR OF LILLIES :

- Know how to keep the fundamentals in your heart:
To accept the pain and the joy that brings the self-giving in the life and, like Mary, remain standing close to the Cross.
- To contemplate Mary as the Love that she welcomes: to make each day a renewed fiat.

EXPERIENCE OF CRIPT:

- To live the silence of Mary:
To be united to Jesus Christ in an intimate and inseparable relationship with Him.
- To trust in the help and intercession of Mary.



Sisters of Charity of
Santa Ana