

# POLO TIMES



39TH SNOW POLO WORLD CUP ST. MORITZ  
*Mackage's Victory on The Frozen Lake*

ST. MORITZ'S NEWEST SNOW QUEEN  
*Lidia Gauss's Journey into The World of Polo*

SUPA SPECIAL  
*Universities & Junior National Arena Championships*

PLUS: Holistic Approach to Self-Care & Polo Valley Sotogrande, Start of Season Nutrition Q&A





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## What's inside... March 2024



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### Cover photograph:

Team Mackage on their victory lap in St. Moritz.  
By fotoswiss.com/giancarlo cattaneo

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Understanding what it takes to overcome fear and self-doubt has been at the root of Paul 'Stalkie' Stalker's personal transformation. He has proven experience of working with Polo Teams, Patrons and individual players for the past 3 years achieving outstanding results. With individual clients, Stalkie's aim is to untap, nurture and focus their passion and potential on becoming the best versions of themselves in all aspects of their lives, whatever their starting point



Regular exercise is another cornerstone of physical self-care

# The Holistic Approach to Self-Care

Nurturing every aspect of yourself

I am a grateful and very lucky man. There are a lot of people who aren't as fortunate as me. And one of those reasons is that at the age of 30 I was diagnosed with cancer. But through sheer will power, bloody mindedness and determination, I discovered everything I could do to beat the dreaded disease and beat the odds. The book that's in my head, *Dying Man to Iron Man* has never been written. And if it had been written, back in my early 30s, it probably wouldn't be as comprehensive as

if I wrote it today as I continue to learn more and more about the importance of living a fully rounded life.

In today's fast-paced world, prioritising self-care has become more important than ever. While the term 'self-care' often conjures images of bubble baths and spa days, true self-care encompasses much more than just pampering oneself. It involves nurturing every aspect of your being – physical, social, mental, spiritual, and emotional. By taking a holistic approach to self-care, you can

cultivate a greater sense of well-being and resilience in the face of life's challenges.

## Physical Self-Care: Nourishing Your Body

Physical self-care involves taking care of your body's basic needs and maintaining your overall health and well-being. This includes eating nutritious foods, getting regular exercise, staying hydrated, and prioritizing adequate sleep.

Nutrition plays a crucial role in physical



self-care. Consuming a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides your body with the essential nutrients it needs to function optimally. Avoiding excessive intake of processed foods, sugary snacks, and caffeine can help stabilize energy levels and promote overall vitality.

Regular exercise is another cornerstone of physical self-care. Engaging in physical activity not only strengthens your muscles and improves cardiovascular health but also releases endorphins – chemicals in the brain that act as natural mood lifters. Whether it's going for a brisk walk, practicing yoga, or hitting the gym, finding activities you enjoy can make exercise feel less like a chore and more like a rewarding part of your routine.

Adequate sleep is essential for physical and mental well-being. Prioritize establishing a consistent sleep schedule and creating a relaxing bedtime routine to promote restful sleep. Quality sleep not only rejuvenates your body but also enhances cognitive function, mood regulation, and immune function.

### **Social Self-Care: Cultivating Meaningful Connections**

Social self-care revolves around nurturing healthy relationships and fostering a sense of belonging and connection with others. Humans are social beings, and our relationships play a significant role in our overall happiness and well-being.

To prioritize social self-care, carve out time in your schedule for meaningful interactions with friends, family, and loved ones. Whether it's sharing a meal together, going for a walk, or simply having a heartfelt conversation, spending quality time with others can strengthen bonds and provide emotional support.

It's also essential to set boundaries in your relationships and surround yourself with people who uplift and support you. Toxic or draining relationships can negatively impact your mental and emotional health, so don't hesitate to distance yourself from individuals who undermine your well-being.

Additionally, consider participating in community activities or joining groups with shared interests. Engaging in social activities can expand your social network, provide opportunities for personal growth, and foster a sense of belonging within your community.

### **Mental Self-Care: Cultivating Cognitive Wellness**

Mental self-care focuses on nurturing your cognitive well-being and managing stress, anxiety, and other mental health challenges. In today's hyperconnected world, it's easy to become overwhelmed by constant stimuli and demands, making it crucial to prioritise practices that promote mental clarity and resilience.



Practicing mindfulness and meditation is one effective way to cultivate mental self-care. Mindfulness involves bringing your awareness to the present moment without judgment, while meditation focuses on quieting the mind and promoting relaxation. These practices can help reduce stress, enhance self-awareness, and improve emotional regulation.

Engaging in activities that stimulate your mind and creativity is another aspect of mental self-care. Whether it's reading a book, solving puzzles, learning a new skill, or pursuing a hobby, engaging in activities that challenge and inspire you can foster mental stimulation and growth.

It's also important to prioritise stress management techniques such as deep breathing exercises, progressive muscle relaxation, or journaling. Developing healthy coping mechanisms can help you navigate life's challenges with greater ease and resilience.

### **Spiritual Self-Care: Nurturing Your Inner Essence**

Spiritual self-care involves nurturing your inner essence and connecting with something greater than yourself. This aspect of self-care looks different for everyone and can encompass a wide range of practices, including meditation, prayer, spending time in nature, or engaging in acts of service and compassion.

Connecting with nature is one way to nurture your spiritual well-being. Spending time outdoors, whether it's going for a hike, gardening, or simply taking a walk in the park, can help you feel grounded, centred, and connected to the world around you.

Practicing gratitude and cultivating a sense of purpose can also contribute to spiritual self-care. Taking time each day to reflect on the things you're grateful for can shift your perspective and foster a sense of abundance and contentment. Likewise, aligning your actions with your values and finding meaning in your daily activities can provide a sense of purpose and fulfilment.

### **Emotional Self-Care: Honouring Your Feelings**

Emotional self-care involves acknowledging, validating, and processing your emotions in healthy ways. It's about recognising that your feelings are valid and taking steps to care for yourself emotionally, especially during times of stress, sadness, or uncertainty.

One essential aspect of emotional self-care is practicing self-compassion. Treat yourself with the same kindness and understanding that you would offer to a friend in need. Practice self-care rituals that soothe and comfort you, whether it's taking a warm bath, listening to calming music, or spending time alone with your thoughts.

Setting boundaries and practicing assertiveness is also crucial for emotional well-being. Learn to say no to activities or obligations that drain your energy or compromise your boundaries. Prioritise activities that bring you joy and fulfilment, and don't be afraid to communicate your needs and limits to others.

Finally, seek support from trusted friends, family members, or mental health professionals when needed. It's okay to ask for help and lean on others during challenging times. Surround yourself with a supportive network of individuals who uplift and validate your feelings, and don't hesitate to reach out for assistance when you need it.

Self-care is not a one-size-fits-all concept but rather a multifaceted approach to nurturing every aspect of your being. By prioritising physical, social, mental, spiritual, and emotional self-care, you can cultivate a greater sense of well-being, resilience, and fulfilment in your life. Remember that self-care is not selfish but rather an essential practice that allows you to show up as your best self in all areas of your life. ✕

Find out more about Stalkie at [www.raisepolo.com](http://www.raisepolo.com)