



Joe Cross'
Self-Care Week

March 20 - 26, 2023

Welcome!

The goal for this week is to embrace self-care. Every day, take advantage of tips that will help you feel better — like spending some time in the outdoors, practicing yoga or applying a face mask — along with a recipe for a nutrition-packed juice.

Ready to get started? Read on for a shopping list for seven days' worth of juices, plus plenty of ideas for every day of a lovely week.

Shopping list | Joe Cross' Self-Care Week

FRUITS	VEGETABLES	HERBS & SPICES
1 lime	3 cucumbers	1 handful mint
1 lemon	7 carrots	3-inch (7.5-cm) piece of turmeric
2 oranges	8 kale (Tuscan cabbage) leaves with stalks	1 large ginger root (you'll need 7 inches throughout the week)
1 ruby red grapefruit	1 small fennel bulb + 1 frond	
1 pear	1 sweet potato	
3 red apples	2 large beets	
3 green apples	16 celery stalks	
2 cups purple or black grapes		
2 cups blackberries		

Day 1 | Joe Cross' Self-Care Week



today's juice: **wake up call**

This juice will wake you up any time of day with its equally tart and sweet flavors. Plus the grapefruit helps support weight loss and helps improve insulin sensitivity.

Ingredients:

- 1 ruby red grapefruit
- 1 orange
- 2 carrots
- ½-inch (1 cm) piece of ginger

Directions:

1. Peel grapefruit.
2. Wash all produce.
3. Add all ingredients through juicer and enjoy!



tip: **get moving!**

There are plenty of ways to make moving more enjoyable. Try throwing a dance party inside or having friends join you for a walk or group class. Plus, always time your workout to hit your preference and energy levels.

4 Benefits of Exercise:

1. **It's energizing.**

Even 20 minutes of exercise can get us up and get our blood flowing, which helps boost energy and mental clarity.

2. **It reduces stress.**

A workout helps lower the stress hormone cortisol, which benefits both your overall happiness as well as your productivity.

3. **Your mood will lift.**

Feel-good brain chemicals such as serotonin and dopamine release when you break a sweat, which can trigger happiness.

4. **Promotes a healthy brain.**

Exercise can also help to protect the brain from emotional disorders and depression caused by stress long-term.

try these workouts:

No Excuses Workout

This 14-minute, strength-based workout can be done anywhere, including a hotel room.

Get started!

Bodyweight Workout

This 21-minute workout is focused on simple, strength-based moves that use your body weight — no weights required!

Get started!

Equipment-Free Total Body Workout

This workout will take you 10-30 minutes, depending on how many times you repeat the circuit. That flexibility makes it easy to squeeze into your day!

Get started!

One More: The Joy Workout

This six move routine was developed by author, health psychologist and certified group fitness instructor Kelly McGonigal, PhD, and published in the [New York Times](#). It's a fun one!

Day 2 | Joe Cross' Self-Care Week



today's juice: **minty green**

A green juice that tastes like a mojito mocktail — yes, please! Enjoy the fresh clean flavors of this cucumber-rich juice that will keep you hydrated and feeling good.

Ingredients:

- 2 cucumbers
- 1 lime
- 1 pear
- 1 handful mint

Directions:

1. Wash all produce.
2. Add all ingredients to the juicer and enjoy!



tip: **embrace the joy of cooking**

At the end of a long day, the thought of chopping, peeling, sauteing and stirring may not be exactly appealing. But once you get going, you might find the experience more enjoyable and rewarding than you expected.

Plus, you'll take advantage of these three benefits that accompany making your own meals:

1. You'll save time.

Try doubling the recipe — or even triple it! You can plan to have **sweet potato and kale chili** on Sunday and again on Wednesday, or freeze a portion for a few weeks down the road.

2. You'll eat healthier.

You'll know precisely which ingredients you're using.

3. You'll cut costs.

Eating out and ordering in get expensive, but cooking your own meals is nearly always a good cost-saving measure.

more cooking tips:

Put on an Apron

Sounds silly, but having the right clothes for the job can help you get into the right mindset (like putting on sneakers before a run).

Snap a Pic

If you made a delicious and nutritious dinner, you deserve some applause! Post a picture on social media so your friends can admire your efforts.

Vary Recipes

Make a new recipe every night and you might soon find yourself exhausted. Instead, plan to alternate familiar recipes and ones that require a bit more attention and creativity.

Plan Your Meals

Instead of opening every cabinet at 4 p.m. to determine what's for dinner, begin each week with a list of meal ideas. Even better: go to the grocery store and purchase all the ingredients in your week's worth of meals.

Practice Knife Skills

Improve your knife skills and you'll chop, dice and mince faster — and also reduce your risk of injuries. [Learn more](#)

Day 3 | Joe Cross' Self-Care Week



today's juice: turmeric takeover

'Tis the season for sweet potatoes — juice them for an orange creamsicle-like taste. Those spuds also combine perfectly with turmeric, which delivers some anti-inflammatory benefits.

Ingredients:

- 1 sweet potato
- 2 red apples
- 1 orange
- 1 carrot
- 4 celery stalks
- 3-inch (7.5-cm) piece of turmeric

Directions:

1. Wash all produce.
2. Add all ingredients through juicer and enjoy!



tip: drink more fluids

When you're not hydrated, your body simply cannot function properly. All sorts of fluids — including juice, teas and even foods you eat throughout the day — can help you stay hydrated.

3 Benefits of Getting Sufficient Fluids:

- 1. Supports weight-loss goals.**
Drinking water can increase your satiety.
- 2. Improves your mood.**
You'll feel brighter and more motivated when you're fully hydrated.
- 3. Helps you go.**
Feeling constipated? Taking in more fluids can help you have regular bowel movements.

try these teas:

These tasty tea varieties can help you stay hydrated — and also deliver other health benefits.

Black tea, which contains caffeine and phytonutrients.

Green tea, which can contain caffeine depending on the blend, and is high in catechins.

Mint tea, a caffeine-free option can soothe upset stomachs.

Ginger tea, which has anti-inflammatory, immune-boosting and digestive properties.

Passionflower tea, which eases and quiets your mind, making an ideal before-bed pick.

Oolong tea is a type of black tea that may help to boost your metabolism.

White tea, a low-caffeine variety with compounds that may prevent certain types of cancer.

Nettle tea, which may help to ease allergy symptoms such as stuffy nose.

Chamomile tea, another great before bed option to promote sleep and relaxation.

Matcha tea, a nutrient-packed powdered green tea that's whisked together with hot water.

Day 4 | Joe Cross' Self-Care Week



today's juice: beet tastic

Try drinking this juice before a workout, as beets help lower blood pressure and improve physical performance, or any time of the day when you need a boost of energy.

Ingredients:

- 2 large beets
- 1 red apple
- 4 carrots
- 1-inch piece fresh ginger

Directions:

1. Wash all produce.
2. Add all ingredients through juicer and enjoy!



tip: start your day with a yoga

The core of most yoga practices is a series of poses, designed to increase strength, flexibility and help to calm the mind. Our muscles often feel tight when we get out of bed in the morning. Doing yoga stretches can help to open you up and loosen your muscles to help ease you into the day ahead.

3 Major Yoga Benefits:

- 1. Improves your physical fitness.**
Doing yoga can help boost your strength, flexibility and aerobic endurance.
- 2. Supports your mental health.**
Yoga and meditation helps to strengthen resilience, stabilize mood, and decrease anxiety and stress.
- 3. Boosts your overall health.**
Doing yoga can help to decrease stress along with aiding in the management of chronic conditions such as low back pain and high cholesterol.

try these routines:

5 Poses to Start the Day
Incorporate these stretches into your morning routine.

[Learn more](#)

15-Minute Morning Yoga
Get a gentle wake-up thanks to these rejuvenating poses.

[Learn more](#)

Kino Macgregor:
Explore classes and more from Kino MacGregor, a Miami native and founder of Omstars, the world's first yoga TV network.

[Learn more](#)

Day 5 | Joe Cross' Self-Care Week



today's juice: potent purple

Purple juice is a great color to add to your regular roster of juices. Not only is it bursting with flavor but it also boasts potent phytonutrients.

Ingredients:

- 2 cups blackberries
- 2 cups black or purple grapes
- 2-inch (5-cm) piece of fresh ginger root

Directions:

1. Wash produce well.
2. Remove stems from grapes.
3. Add all ingredients through juicer and enjoy!



tip: pamper yourself

Don't neglect to care for yourself — and your skin. Try taking a bath with fragrant oil, applying a scrub or scheduling a professional massage. Choose what you love. The most important thing is turn off your phone and give yourself some restorative moments.

3 Benefits of Pampering Yourself:

- 1. It'll lift your mood.**
Taking some time to yourself will improve your overall wellbeing, and remind you (and the people around you) that you're worthy of time and care.
- 2. You'll feel refreshed.**
It's rejuvenating to get time to yourself (especially for introverts). Taking time for self-care can boost your energy levels. You may find your mind clearer, and have new ideas for how to tackle problems.
- 3. You may sleep better.**
Taking some time to yourself can help you rest easier at night, rather than having whirring thoughts and worries on the brain.

try these treatments:

Bananna Face Mask

Hydrate and soothe your skin with this mask that relies on pantry items.

[Learn more](#)

Salt Scrub

Place this sweet mixture all over your body while in the shower for more supple and soft skin.

[Learn more](#)

Self-Massage Abhyange

Improve your blood circulation for more restful sleep.

[Learn more](#)

Face Steam

Create the perfect environment for your skin to welcome in moisture with an at-home steam facial.

[Learn more](#)

Day 6 | Joe Cross' Self-Care Week



today's juice: **celery & co**

You'll be surprised by this mild-flavored green juice, which has just a hint of licorice flavor. It's high in minerals and good for digestion.

Ingredients:

- 8 celery stalks
- 1 green apple
- 1 small fennel bulb + 1 frond

Directions

1. Wash all produce.
2. Chop fennel bulb in half (or quarters) separate one frond for juicing.
4. Add all ingredients through juicer and enjoy!



tip: **get outside**

Even if you're in a city environment, time spent outdoors is good for your physical and mental wellbeing. And it doesn't have to be complicated or time consuming: a quick walk in the park can boost your mood and energy levels.

2 Benefits of Spending Time Outdoors:

1. **Improve your physical health.**

All that time outside likely is accompanied by additional movement, which delivers all sorts of health benefits. Plus, since it's more relaxing being in a park than a traffic jam, this time can help lower stress levels and your heart rate, which is a win for overall cardiovascular health.

2. **Support your mental health.**

Time in nature can lower your depression risk and also improve your focus.

try one of these:

Find a Walking Group

Use this [website](#) to get ideas for how to start or join a walking club.

Put Time on the Calendar

End the day without leaving your home? Make an effort to prioritize time outdoors by putting it on your schedule. If you can't make it happen every day, set time aside on weekends or days off.

Look for Local Parks

Use this [resource](#) to find nearby parks.

Take Breaks Outside

Instead of eating lunch at your desk, sit outside and get some sunshine on your face.

Day 7 | Joe Cross' Self-Care Week



today's juice: **mean green**

This simple yet satisfying juice is full of ingredients to help boost your immune system and keep your whole body clean, healthy and happy.

Ingredients:

- 1 cucumber
- 4 celery stalks
- 2 green apples
- 8 kale (Tuscan cabbage) leaves with stalks
- 1 lemon
- 1-in (2.5-cm) piece of ginger

Directions

1. Wash all produce.
2. Peel the lemon and core apple.
3. Add all ingredients through juicer and enjoy!



tip: **meditate**

Meditation is the act of being still and quiet while focusing on your breath. The practice helps calm your mind. There are many types of meditation practices: guided, walking, and silent meditations to try.

Here are some other health benefits of meditating according to the Mayo Clinic:

1. You'll have a sense of calm.

After a session, you'll feel more centered and calm (and this feeling will extend throughout your day).

2. You'll sleep better.

Meditating can help improve your sleep quality.

3. You'll boost your mood.

Meditating can help you be in the moment, and it's also a way to boost patience, creativity and self-awareness.

4. You'll improve your heart health.

Through this practice, you'll lower your resting heart rate and resting blood pressure.

learn more:

Explore Meditation Basics

Discover more benefits and get tips on how to get started.

[Check it out](#)

Get More Mindful

Feeling tense or overwhelmed? Try these six simple ways to calm down and bring more awareness into each day.

[Check it out](#)

Use Apps

There are plenty of apps – including [Headspace](#) and [Buddhify](#) – that can help you start and maintain a meditation practice.

Congratulations!

You've spent the past seven days enjoying delicious juices and engaging in small acts of self-care. We hope you're feeling rejuvenated. To keep it going, [subscribe to our newsletter](#), where we feature weekly wellness tips and recipes. We'd also love you to join our [Community Group](#) on facebook, and follow us on instagram [@rebootwithjoe](#).