



LIVING WELL

tips for health and happiness

CONNECT

BE ACTIVE

EAT WELL

RELAX

SLEEP WELL

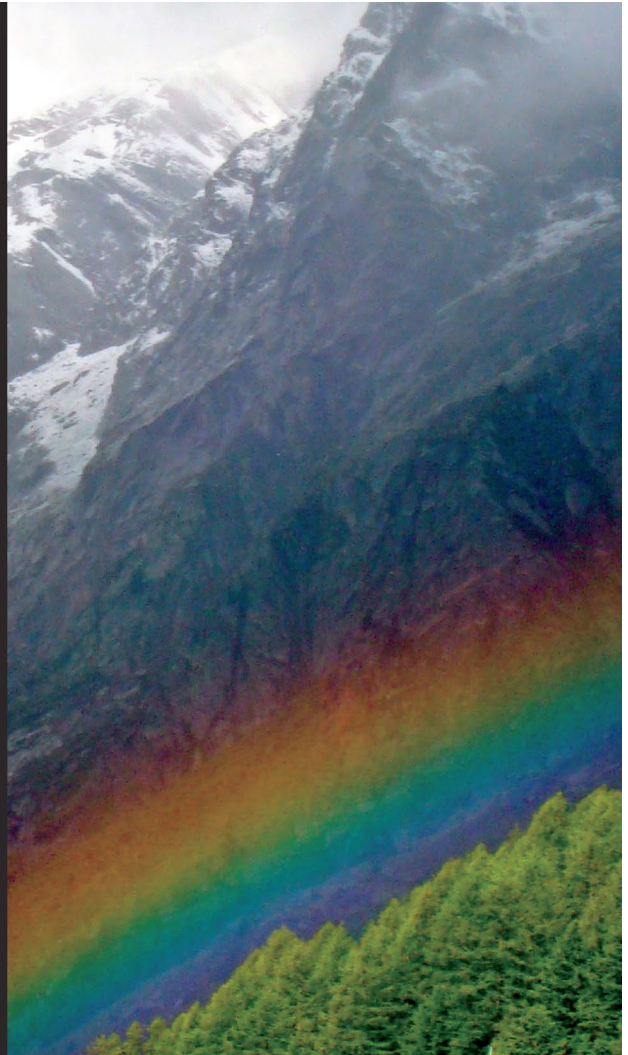
CALM DOWN

CREATE

EXPLORE

GET CLEAR

GET HELP





These images and tips aim to foster healthy, happy living.

GOALS

Where are you?

Where would you like to go?

How will you get there?



CHANGES

Each section is followed by
a series of questions.

On **LEFT**, specific questions ask
about *your current lifestyle*
to help reflect on where you are.

On **RIGHT**, you are asked
how you would like to change

and to set *realistic goals*
moving toward these changes.

Examples of goals
aim to spark ideas.

REVIEW GOALS

If you did not meet goals...

What interfered?

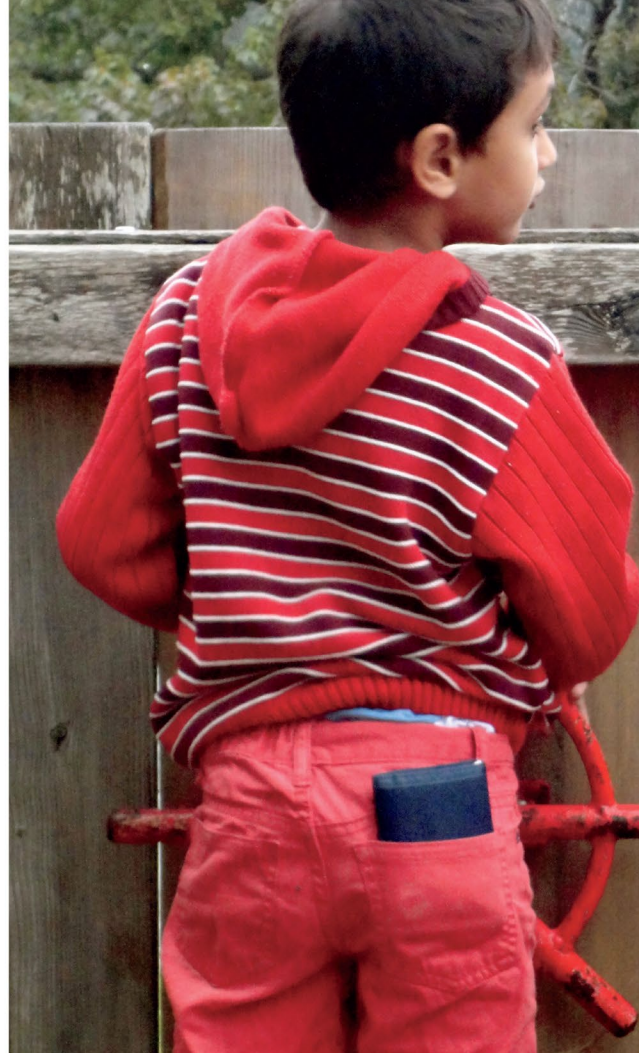
Were the goals **realistic** ?

Would you like to adjust goals?

If you are meeting goals...

Would you like to maintain or
adjust goals?

Do you have new goals?



Aim to set
specific realistic
goals that help you
grow positively.





CONNECT

Connecting with others is often essential to well-being. Aim to take time to be with or contact **friends**, **family** and **new acquaintances**.

Kindness, courtesy and simply smiling helps build a sense of community.

Connecting with **animals** can bring joy, comfort and purpose. Being **outdoors** may promote a sense of connection with nature, fostering peace of mind.



CONNECT

How do you connect with others

in person?

by phone - call? text?

via computer? - social media?

How do you express **kindness** towards
friends, family and strangers?





What would you like to change?

join a club

Where would you like to be in one month?

attend one meeting

one year?

attend meetings regularly

What will you do today?

research online

this week?

choose a club to try



BE ACTIVE

Spending time **outdoors**, especially **in nature**, among trees or near water, is very beneficial to our well-being. Aim to get out in all kinds of weather. Clothes and gear can help make this possible.

Walking, cycling, jogging, swimming, skiing, running are examples of aerobic activities which help boost mood, alleviate anxiety, curb cravings for unhealthy substances, foster heart health, stabilize blood sugar and promote weight loss. Many studies indicate that at least **150 minutes of aerobic exercise per week** is optimal.

Planning ahead, setting aside time and perhaps making a date with a friend to exercise may help make exercise a part of a **daily routine**.

Walking or cycling to work or school, going to a spin class at lunch time or getting off the bus a few stops early and walking the rest of the trip are some ways to fit activity into a busy schedule.

Try joining a team or club, throwing a frisbee, kicking a ball, dancing, racket sports, flying a kite, playing in playgrounds, ... **Have fun!**

ACTIVITY

What kind of activities
do you **enjoy**?

How often do you
exercise each week?

For how long?



What would you like to change?
more exercise

Where would you like to be in
one month?
walk half hour five times per week

one year?
walk 10K course

What will you do
today?
walk 15 minutes after lunch

this week?
walk 15 minutes 3 times





EAT WELL

A variety of **colourful fruit and vegetables** is the foundation of a healthy diet. They contain nutrients, fiber and antioxidants.

An ideal **"dinner plate"** is half with filled with raw or steamed vegetables, one quarter whole grains and one quarter lean protein.

Sources of lean protein include beans, tofu, nuts, eggs, chicken, fish, lean red meat. Each of three meals and two snacks ideally contains a fruit or vegetable and a source of protein.

Refined white flour and sugar are generally best avoided. Whole grains, such as brown rice, whole wheat and millet contain fiber and nutrients as well as help regulate blood sugar. Quinoa and oats also contain significant amounts of protein.

Aim to drink at least **two liters of water** (or herbal tea) each day.

Ideally, **minimize processed and packaged foods.** Reading labels to look out for added chemicals, processed sugars and fats, as well as calorie count and nutrient content, is important for making healthy choices.



FOOD

Do you eat raw / steamed
vegetables and fruit each day?

What kind?

How much?

Do you eat lean **protein** with
most meals?

Do you choose mainly
whole grains?

Do you eat *junk food*?

What kind?

How much?



What would you like to
change?

more raw vegetables

Where would you like to be in
one month?

a salad a day

one year?

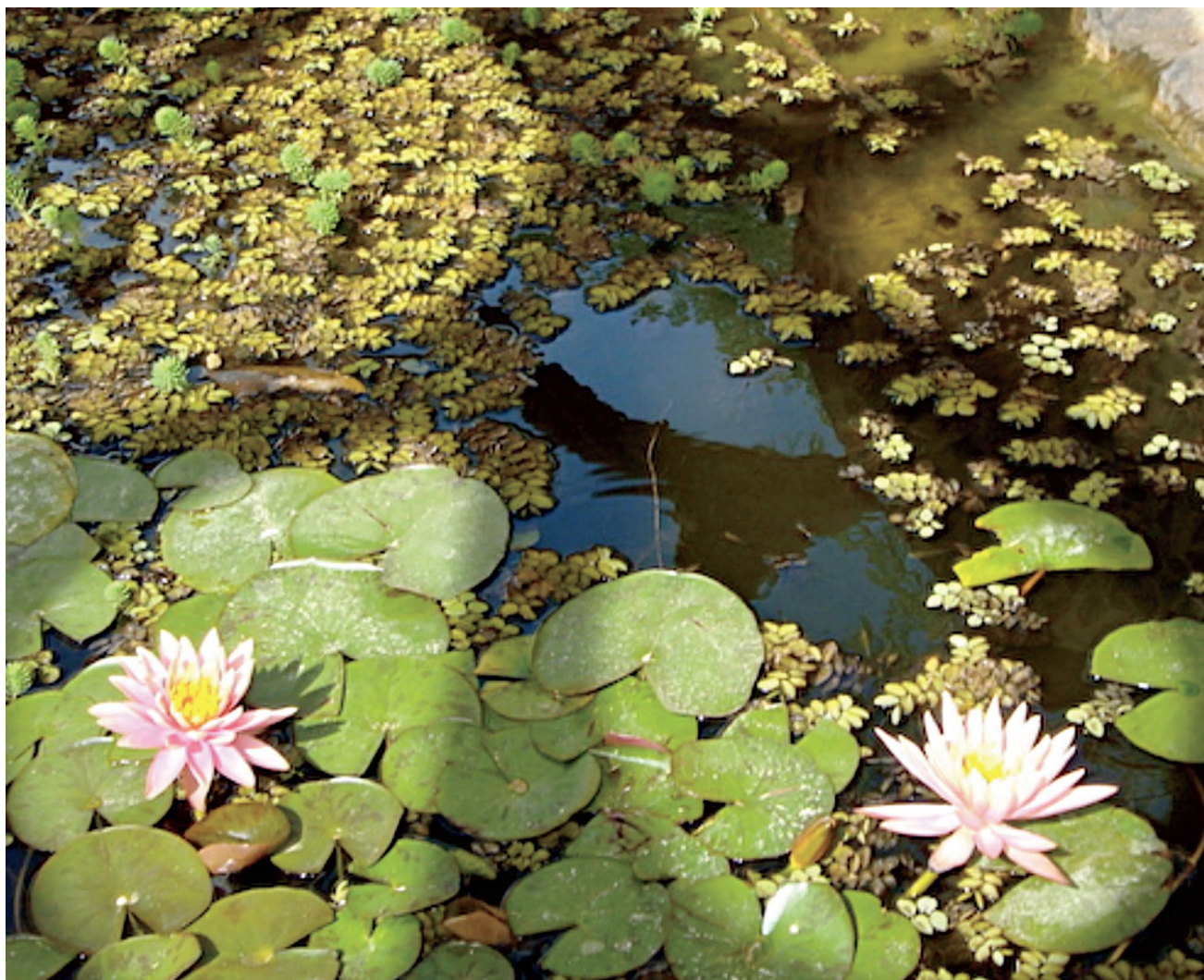
a salad and vegi snack a day

What will you do
today?

buy baby carrots, cucumber

this week?

pack veggies in lunch



RELAX

Try **abdominal breathing**: Put one hand on your chest and the other on your abdomen. If the hand on your chest rises more than on your abdomen, you are taking shallow breathes. Take a *deep breath* and note your bottom hand rising and falling. Put both hands on your abdomen and take *five slow deep breaths*. Studies show that this can significantly alleviate anxiety.

Meditation can help prevent depression and foster relaxation. There are many techniques. One approach is to sit on a chair or cross-legged on a pillow on the floor, with your back as straight as possible. Partially close your eyes and gaze down about three feet ahead. Focus on your breathing, in and out. When you notice your mind wandering, simply return to the breath.

Meditation can be challenging, but any regular practice is often rewarding. Those experiencing severe depression, anxiety, mania or psychosis are generally advised to avoid meditation until more stable.

Aim to include **activities you find relaxing** in each day, such as walking outdoors, reading a book, yoga, tai chi, making art, sitting in a cafe, laughing with others, listening to music. Classical music such as Mozart and Beethoven may be particularly beneficial for fostering relaxation and creativity.

Too much “screen time” (smartphone, television, videogames, internet) can be agitating.

RELAX

What do you find relaxing?

How much time do you spend

watching television?

*on the computer for
work?*

leisure?

playing video games?

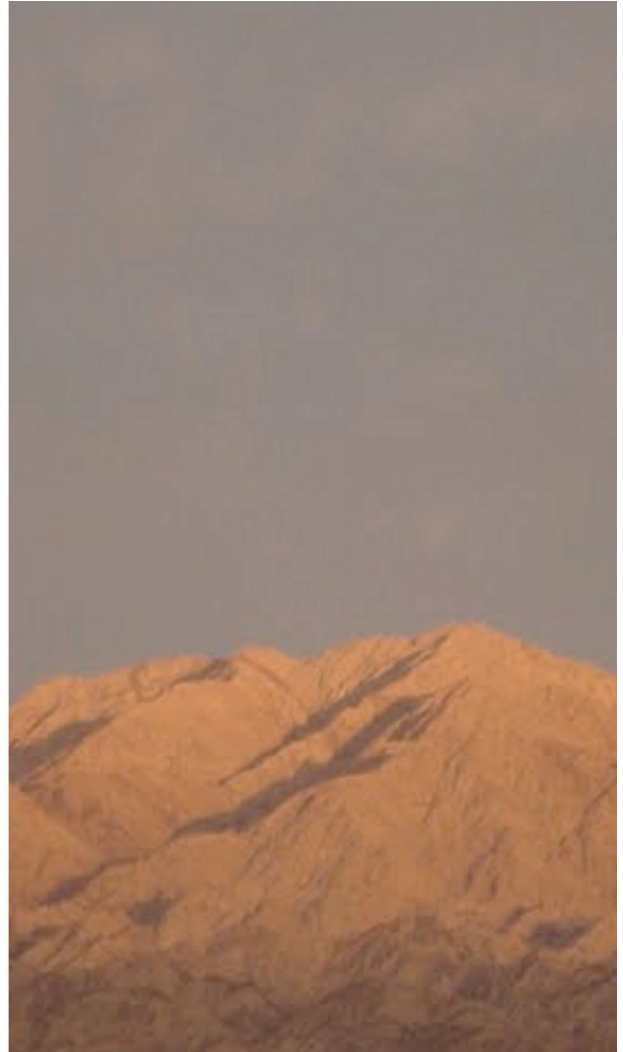
Do you do practice

breathing techniques

yoga

tai chi

meditation?





What would you like to
change?

practice yoga

Where would you like to be
in a year?

attend a yoga class each week

in a month?

try out a local yoga class

What can you do
today?

look online for yoga classes

this week?

choose a class to try

SLEEP WELL



Aim to go to sleep and wake at the same times. A **routine** helps strengthen wake/ sleep cycles.

Exercising during the day or early evening helps with relaxation and deepening sleep. Exercising just before bed can be activating.

Hunger can disturb sleep. Try a **light bedtime snack** like toast or warm milk, avoiding caffeine and sugar.

Stop drinking caffeinated beverages / food at least 7 hours before bed-time.

Avoid watching television, using computers or studying in the bedroom.

Turn off smartphone, television and computers one hour before bedtime, to help relaxation.

Aim to keep bedroom dark and at a comfortable temperature.

A relaxing breathing technique or listening to quiet music / guided meditation may help sleep.

Try getting up after 15 minutes of difficulty sleeping. Go to another room and go back to bed when more ready to sleep. This strengthens the association between bed and sleep.

Sleep enough to feel refreshed. For most people, it is best sleeping no more than nine hours, unless ill.

Do not nap during the day when having trouble sleeping at night.

SLEEP

What time do you
go to bed?
get up in the morning?

Do you **sleep soundly** or
wake up during the night?

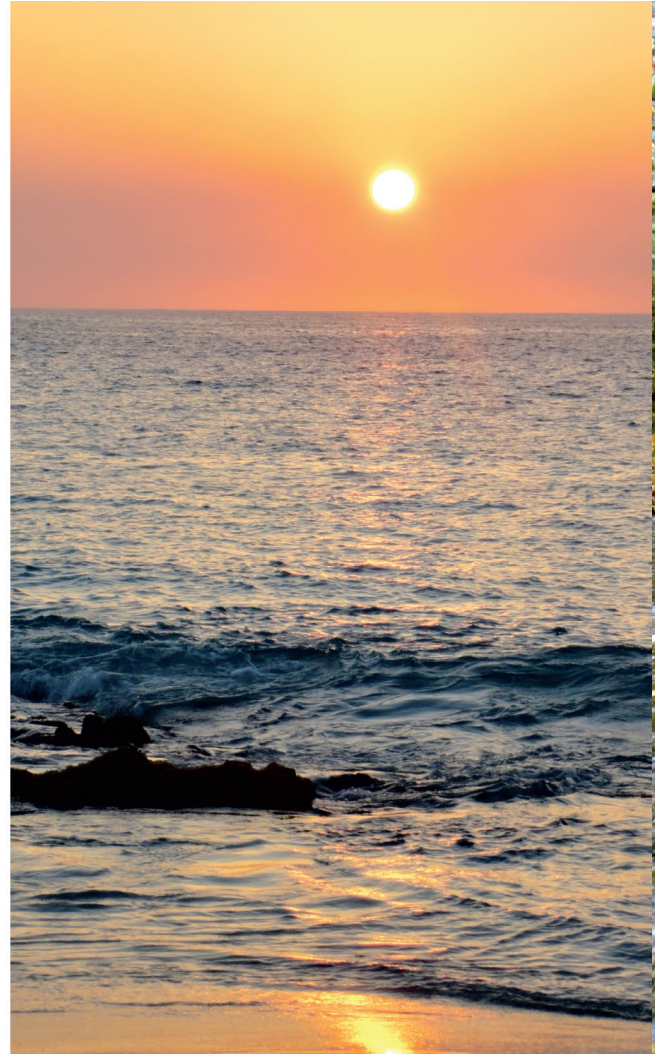
Do you feel **rested in the morning**?

What time do you stop
watching television or
using the computer?

How much **caffeine** do you consume?
(e.g. coffee, chocolate, tea, soda pop)

What time of day?

Do you use your bedroom for
watching television
using the computer
studying...?





What would you like to
change?

go to bed earlier

Where would you like to be in
one year?

sleeping by 11pm

one month?

in bed by midnight

What can you do
tonight?

turn off computer at midnight

this week?

relaxing music before bed



CALM DOWN

Take **five deep breaths**.

Fill a small bag with a few **ice cubes** and a bit of water. Put it between your eyes can soothe quickly because it triggers a dive reflex.

Splash cold water on your face or putting ice cubes on your wrists may also help calm strong emotions.

Doing a few jumping jacks, going for a walk or jogging on the spot for a few minutes can relieve anxiety, anger and agitation.

Being assertive, using statements like “when you do ...’ I feel ... and instead I’d like you to ...”, can facilitate positive communication.

When feeling very emotional, it is often advised to avoid sending e-mails or texts. Try saving such messages to “drafts” for a few hours and deciding how to proceed once calmer.

Try **taking a break** from **social media** and **news broadcasts**.
They can be stressful and triggering.

CALM DOWN

What situations do you find stressful?

How do you **cope** with stress?

Do you find interacting with certain people stressful?





What would you like to
change?

Where would you like to be in
one year?

one month?

What can you do
today?

this week?



CREATE

Ideas:

Build a sand castle
Make music
Grow a garden
Finger paint
Cook a meal
Dance
Hand-write a letter
Decorate an envelope
Take a photo
Paint an egg
Bake a treat
Mold clay
Construct Leggo
Write a poem
Play an instrument
Tell a story
Sing

CREATE

How do you express
creativity?





What would you like to
change?

Where would you like to be in
one year?

one month?

What can you do
today?

this week?

EXPLORE

Positive change can be refreshing

Try a new activity.

Explore an unusual route home from work or school.

Get on a bus and see some other neighbourhoods.

Notice something new in your surroundings

Window shop

Cook or bake with a new recipe

Hike in a different park

Hang out in a cafe





EXPLORE

What new experiences are you curious to try?

Where would you like to explore?





What would you like to
change?

Where would you like to be in
a year?

a month?

What can you do
today?

this week?



GET CLEAR

Alcohol is a depressant and causes many physical illnesses. Consider **I am Sober** App.

Cutting down on **cigarette smoking** has positive physiological effects within 24 hours. Nicotine triggers anxiety and agitation.

Cannabis can contribute to depression, anxiety, poor concentration and lack of motivation. Chronic use can trigger psychosis, including schizophrenia. **Subreddit/r/Leaves** can be helpful.

Cocaine is rapidly physiologically addictive and can cause a heart attack, even in young people using it for the first time.

IV drugs very negatively impact health. Needle use creates vulnerability to contracting many potentially fatal blood-borne diseases.

One or two cups of **coffee** per day, before noon can be beneficial to concentration, mood and physical endurance. More than this can contribute to anxiety, insomnia and gastro-intestinal disorders.

GET CLEAR

How much alcohol
do you drink each week?
what type?
what setting?

How much marijuana
do you use each week?
what setting?

How much other illicit drugs
do you use each week?
what setting?

How many cigarettes
do you smoke each week?

How much coffee, tea, soda pop
do you drink each week?





What would you like to
change?

Where would you like to be in
one year?

one month?

What can you do
today?

this week?



GET HELP

Ask others for support. Friends, family and professional clinicians are often helpful to get through difficult times and move forward.

Trusted loved ones can offer companionship, aid with tasks and listen to concerns.

Counselling may build insight, teach coping skills and provide a non-judgmental perspective.

Medication is sometimes essential in helping cope with very stressful situations or for those with a genetic predisposition to emotional difficulties. *Follow instructions of a physician* when starting, changing or stopping any medication.

Review physician - prescribed medications, over-the-counter drugs and nutritional supplements with a pharmacist. There may be adverse interactions among them.

Bodywork, such as acupuncture and massage, may be very beneficial to health. It is important to consult a licensed professional practitioner, to assure safety.



GET HELP

Who are your supports?

Do you feel you can confide in anyone?





What would you like to
change?

Where would you like to be in
one year?

one month?

What can you do
today?

this week?



LIVING WELL

Miriam Korn, MD © 2019 more info: laughingsherpa.ca

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