

Wellness

Wellness is much more than being free of illness- it's the sum of six different aspects of our lives- creating a true balance and harmony. This guide is dedicated to your wellness goals.

Physical wellness involves good nutrition, illness prevention and encourages regular exercise. It focuses on the source, not only the symptoms of any health issue.

Intellectual wellness involves learning, problem solving and creativity. It's a life-long process of embracing new ideas and learning new skills.

Occupational wellness is one's attitude to work. It includes finding balance between work and leisure and the rewards of using our unique talents.

Emotional wellness is feeling positive about ourselves and our life. It includes understanding and managing our feelings, relationships and stresses.

Social wellness encourages taking an active part in our community, feeling comfortable in social situations and having control over our social choices.

Spiritual wellness is the seeking of a higher meaning in our lives. It leads to peace, harmony, resilience with life's challenges and tolerance.

Exercise For That Feeling of Wellness

Physical exercise plays an essential role in promoting health and in preventing chronic illness.

Exercise can be a way for many of us to reduce stress, relax and feel better. A bad mood can simply disappear with 30 minutes of weight lifting exercises, brisk walking, bicycling or swimming.

Exercise may be good for our minds as well as our bodies. Perplexed by a problem? The way to a solution may be by going for a walk and letting your mind find the solution. Here's more food for thought-the effect of exercising on our brains is even more pronounced if we exercise to music.

Just exercising regularly for one month can lower blood pressure, both systolic and diastolic values, by about 10 points. Exercise can also help with weight control and in improving cholesterol and blood glucose levels.

Exercise has been shown to reduce to risks of:

- Colon cancer
- Adult-onset diabetes
- High blood pressure
- High cholesterol
- Strokes
- Obesity
- Heart disease
- Osteoporosis
- Breast cancer
- Depression

Any amount of physical activity is better than none. Ideally, aim for 30 minutes of any type of exercise on most days and that feeling of wellness will be yours.

Wellness Way Naturally Inc.
www.wellnessway.com

Ways to Keep Your Emotional Balance

The secret to prevent holiday burnout is **balance**. Here are some things you can do to reduce the likelihood of becoming an emotional casualty of the holidays.

- Take every opportunity to laugh.
- Concentrate on the importance of practicing Good-Hearted Living™ everyday.
- Tell people how you feel. Do not isolate yourself.
- Give yourself and everyone else permission to feel less than perfect.
- Talk openly to a trusted friend or family member.
- Get some exercise.
- Avoid abusing alcohol.
- Do something you're good at.
- Function within your routine.
- Do something nice for yourself.
- Look at your unhappy feelings logically.
- Stay away from depressed or emotionally upset people.

Good Hearted Living

Steve Wilson

www.worldlaughtertour.com

Ways to Keep Your Emotional Balance

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- Give yourself some quiet time.
- Maintain contact with your counselor or support group.
- Keep your holiday expectations realistic. Expect the intensity of holiday togetherness to breed some irritability and take it in stride.
- Give added attention to the things you enjoy.
- Don't take on more responsibility than you can comfortably handle.
- Skip the commercialized pressures. Don't go into debt for gift-giving. Give what represents the real spirit of the season: your time, attention and caring.
- Negotiate to get a reasonable amount of whatever you need (time, attention, support). At the same time, be flexible about the way things are done. Build some change into family rituals.

The keys to managing holiday stress are **balance, pacing and perspective**. Balance your nutritional intake. Pace yourself through your work/rest cycle. Take five 2-minute breaks during the workday to do something relaxing. Take in a funny movie or rent a comedy video. Do 20-30 minutes of outdoor walking a few times each week.

7 Days of Inspiration
Take one a day...and feel great all week!

Day 1—Let a new dream follow you home.

Day 2—You are outstanding!

Day 3—This day is better because you're a part of it.

Day 4—Life is a journey. Success is just around the bend.

Day 5—Hope offers free refills.

Day 6—Renew an old promise you made to yourself. It's worth keeping.

Day 7—You are so good to others. Be good to you, too!

7 Days of Inspiration
Take one a day...and feel great all week!

Do something that makes you smile today.

Listen to your heart. It's your wisest friend.

Dreams bloom like flowers.

Wishes come true!

Someone you know looks up to you.

Relax! You're doing just fine.

Wear your happiness on the outside today. What a gift to everyone you meet.

Woman's World Magazine

7 Days of Inspiration

Take one a day...and feel great all week!

Day 1—Today brings joys just waiting to be discovered.

Day 2—Worry less. Dream more!

Day 3—Everyone needs a sense of purpose. Let yours find you.

Day 4—Have faith in you. You won't let yourself down.

Day 5—Precious moments love taking people by surprise.

Day 6—Stress doesn't deserve your time or attention.

Day 7—There's no limit on happy memories. Make some more.

Woman's World Magazine

Random Acts of Kindness - Individuals

1. Deliver fresh baked cookies to city workers.
2. Collect goods for a food bank.
3. Bring flowers to work and share them with coworkers.
4. Garden clubs can make floral arrangements for senior centers, nursing homes, hospitals, police stations, or shut-ins.
5. Extend a hand to someone in need. Give your full attention and simply listen.
6. Bring coworkers a special treat.
7. Students can clean classrooms for the custodian.
8. Buy a stranger a free pizza.
9. Distribute lollipops to kids.
10. Sing at a nursing home.
11. Offer a couple of hours of baby-sitting to parents.
12. Slip paper hearts that say "It's Random Acts of Kindness Week. Have a great day." Under the windshield wipers of parked cars.
13. Have a charity day at work with employees bringing nonperishable food items to donate.
14. Draw names at school and have people bring a small gift or food treat for their secret pal.
15. Remember the bereaved with phone calls, cards, plants and food.
16. Treat someone to fresh fruit.
17. Pay a compliment at least once a day.

Random Acts of Kindness - Individuals

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- 18.**Hand out balloons to passersby.
- 19.**Give free sodas to motorists.
- 20.**Take over a baked treat or stop by to say, "Hello" to a neighbor.
- 21.**Transport someone who can't drive.
- 22.**Mow a neighbor's grass.
- 23.**Say something nice to everyone you meet today.
- 24.**Send a treat to school or day care center.
- 25.**Volunteer at an agency that needs help.
- 26.**Wipe rainwater off shopping carts or hold umbrellas for shoppers on the way to their cars.
- 27.**Give the gift of your smile.
- 28.**Send home a note telling parents something their child did well.
- 29.**Adopt a homeless pet at the humane society.
- 30.**Organize a scout troop or service club to help people with packages at the mall or grocery store.
- 31.**Host special programs or speakers at libraries or bookstores.
- 32.**Offer to answer the phone for the school secretary for ten minutes.
- 33.**Write notes of appreciation and bring flowers or goodies to teachers, the principal, nurse, custodian and secretary.

34. Incorporate kindness into the curriculum at your school.
35. Give a hug to a friend.
36. Tell your children why you love them.
37. Write a note to your mother/father and tell them why they are special.
38. Pat someone on the back.
39. Write a thank-you note to a mentor or someone who has influenced your life in a positive way.
40. Give coffee to people on their way to work in the morning.
41. Donate time at a senior center.
42. Donate blood.
43. Visit hospitals with smiles, treats and friendly conversation for patients.
44. Stop by a nursing home and visit a resident with no family nearby.
45. Plant flowers in your neighbor's flower box.
46. Give another driver your parking spot.
47. Leave a treat or handmade note of thanks for a delivery person or mail carrier.
48. Give free car washes.
49. Clean graffiti from neighborhood walls and buildings.
50. Tell your administrator you think he/she does a good job.

51. Administrators tell your staff how much you appreciate their work.
52. Have a clean-up party in the park.
53. Tell a bus driver how much you appreciate their driving.
54. Have all the staff in your school draw the name of a Random Acts of Kindness buddy out of a hat and do a kind act for their buddy that day or week.
55. Give a pair of tickets to a baseball game or concert to a stranger.
56. Leave an extra big tip for the waitperson.
57. Drop off a plant, cookies, or donuts to the police or fire department.
58. Open the door for another person.
59. Pay for the meal of the person behind you in the drive-through.
60. Write a note to your administrator about someone who has helped you, praising your coworker.
61. Leave a bouquet of flowers on the desk of a colleague.
62. Call an estranged family member.
63. Volunteer to fix up an elderly couple's home.
64. Pay for the person behind you in the movie line.
65. Give flowers to be delivered with meal delivery programs.
66. Give toys to the children at the shelter or safe house.

67. Give friends and family kindness coupons they can redeem for kind favors.
68. Be a friend to a new student or coworker.
69. Renew an old friendship by sending a letter or small gift to someone you haven't talked with in a long time.
70. For one week, act on every single thought of generosity that arises spontaneously in your heart and notice what happens as a consequence.
71. Offer to return a shopping cart to the store for someone loading a car.
72. Invite someone new over for dinner.
73. Write a card of thanks and leave it with your tip. Be sure to be specific in your thanks.
74. Let the person behind you in the grocery store go ahead of you in line.
75. When drivers try to merge into your lane, let them in with a wave and a smile.
76. Buy cold drinks for the people next to you at a ball game.
77. Distribute kindness bookmarks that you have made.
78. Create a craft project or build a bird house with a child.
79. Give a bag of groceries to a homeless person.
80. Laugh out loud often and share your smile generously.
81. Plant a tree in your neighborhood.

- 82.** Make a list of things to do to bring more kindness into the world and have a friend make a list. Exchange lists and do one item per day for a month.
- 83.** As you go about your day, pick up trash.
- 84.** Send a letter to some former teachers, letting them know the difference they made in your life.
- 85.** Send a gift anonymously to a friend.
- 86.** Organize a clothing drive for a shelter.
- 87.** Slip a \$20 bill to a person who you know is having financial difficulty.
- 88.** Take an acquaintance to dinner.
- 89.** Offer to take a friend's child to ball practice.

Random Acts of Kindness Communities

1. Work with schools and service clubs to raise “Pennies for a Kindness Park” (or other community beautification project). Pennies don’t seem to have much value, but when combined, they do make a difference.
2. Collect goods for a food bank or shelter.
3. Develop interactive programs between retirement homes/senior centers and schools. Older children can read to the elderly and younger children can simply visit. Seniors can also tutor children in their schoolwork.
4. Plant a Kindness Tree or Garden with the help of students, service clubs or other volunteers. Plant a tree or flowers in a public area like a park or walking trail and ask the mayor to make a brief presentation at the dedication.
5. Organize a blood drive dedicated to Random Acts of Kindness.
6. Ask a fast food restaurant to hold a “Customer Appreciation Day”. They can decorate the dining area and post signs. Schoolchildren enjoy “hosting” at these events after school, carrying trays for people, getting beverage refills, or just greeting them at the door with a smile and suggestions for acts of kindness.
7. Ask groups, such as a garden club, to create floral arrangements for a senior center, nursing home, police station, hospital or the homebound.
8. Prepare a special meal or dessert for seniors or nursing home residents.
9. Hold a kindness concert with a band and give out ideas for kind acts.
10. Invite role models and community leaders to public events to speak about the importance kindness has played in their lives.

Random Acts of Kindness Communities

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11. Ask your library or bookstore to host storytelling parties, a children's kindness hour, etc.
12. Create a special newsletter featuring kindness stories.
13. Create a Random Acts of Kindness mascot to circulate in high foot- traffic areas, distributing gifts and suggestions for acts of kindness.
14. Hold a children's kindness drawing or coloring campaign.
15. Hold a teddy bear drive and donate the bears to police or fire departments for traumatized children.
16. Place a "Practice Random Acts of Kindness" or "Kindness Zone" banner in your school hallway.
17. Start a ribbon campaign. Give out kindness ribbons to be worn and passed on to another person. The giver of the kind act can sign the back of the ribbon before passing it along. At the end of the campaign, display them on the wall of your staff room.
18. Organize spring and fall clean-up projects. Choose an area that needs special attention and collect debris, abandoned items and other materials that have collected in the area.
19. Ask merchants to participate in a kindness planter box project. Suggest that the merchants buy the boxes and that schoolchildren have a penny drive to purchase the flowers. Paint the boxes with kindness slogans and pictures (eg. Hearts, stick figures holding hands)
20. Help schoolchildren design and make Random Act of Kindness bookmarks, stickers or buttons. Distribute them throughout the school.
21. Create Random Acts of Kindness signs for windows and hallways.