

WELLBEING FOR A HEALTHIER BODY AND MIND

What makes you happy today? *(*Note: This is present tense. What makes you happy now?)*

What is wellbeing?

- Presence of positive emotions and moods

- Absence of negative emotions

- Satisfaction with life

- Fulfillment and positive functioning

What have you seen in happy people?

Characteristics of happy people

- Feel gratitude

- Are optimistic

- Like and take care of themselves

- Have friendships and close relationships

- Surround themselves with positive people

- Feel they have control over their lives and choices

- Have curiosity, are creative and never stop learning

- Help others

- Have balanced lives

Mindfulness

Physical health contributes to wellbeing

- Heart disease
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- Cancer
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- High blood pressure
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- Type II diabetes
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Nutrition contributes to wellbeing

- Gut-brain connection
 - Make small changes
 - Pay attention to food labels
 - Focus on:
 - Macronutrients (protein, fats, carbohydrates)
 - Micronutrients (vitamins, minerals)
 - Manage portions
 - Meal prep and planning
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Exercise contributes to wellbeing

Regular exercise can . . .

- Strengthen your heart
- Lift mood
- Relieve stress
- Facilitate better sleep
- Improve thinking
- Slow progression of Alzheimer's
- Reduce risk of cancers

Summary suggestions to improve wellbeing

- Get proper sleep
- Eat a balanced diet
- Increase your sunlight exposure
- Manage stress
- Exercise
- Avoid smoking and alcohol
- Be social
- Find and practice new hobbies
- Live in the present

Locating additional information about health

- Your Program website
- myplate.gov
- health.gov/pcsfn
- nih.gov/health-information

My takeaway goals:

End of day inventory

1. Events of my day:

2. Positive things that happened:

3. Negative things that happened that benefited me in some way/I can learn from:
