

Creating A Healthy You!

Physical Health	Mental Health	Social Health
Get at least 8 hours sleep every night	Ask for help when it is needed	Have at least one or two close friends
Deep breathe 10 times every 2 hours during the day	Offer to help	Avoid negative criticisms of others
Eat a healthy breakfast	Enjoy at least one hobby	You can say 'No' to your friends
Smile more, frown less	Treat everyone with warmth and kindness	Share
Drink water	Keep a journal	Respect all cultures
Avoid sugar	Show up on time	Contact your family & friends on their birthdays
Minimize salt	Practice honesty in all you do	Go bowling with family & friends
Slow down and pace yourself	Whatever the task, do it well	Make a surprise call to long, lost friends
Concentrate and pay attention when walking or driving	Address issues on a timely basis	Buy gifts for others you would like for yourself
Do an annual physical, dental, and vision; ask questions, get answers, know what is going on	Avoid jumping to conclusions, get the facts first	Avoid gossiping
Eat more vegetables	Avoid being judgmental	Make a positive difference
Always wear a seatbelt	Generally, like & accept who you are	Make important decisions carefully
Pause and reflect on life every morning	Think before speaking	Do not abuse others
Do not use tobacco	Accept constructive criticism	Do not let others abuse you
Always wear a helmet when riding	Be satisfied when you have done your best	Go shopping
Drive cautiously and attentively	Plan ahead & have a Plan B	Go to dinner with 2-3 friends once a month
Hold the handles when walking up and down the stairs	Find the positives in a negative	Have friends in ALL age groups
Learn to relax; soak in the tub	Create some 'alone' time	Always remember that no one is perfect
Avoid road rage	Do not dwell on things you cannot change	Treat yourself to something you WANT
Get a massage once a month	Forgive quickly	Create a personal boundary
Go to the gym at least 3 times each week	Read more	Do not make promises you are unable to honor
Stay calm	Do something 'special' for someone when they least expect it	Avoid drama from family, friends, and colleagues
Try new things	Be organized	Always take the high road
Avoid processed foods	Visit with nature	Be genuine in celebrating another's successes
Do the things you enjoy	Be thankful	Volunteer in an area of interest
Take care of your feet	Practice random act of kindness	Make time for someone
Wear sunscreen	Quiet time	Buy coffee for a colleague
Listen to classical or meditative music	Keep your word	Help another grow
Take a vacation	Take a vacation	Take a vacation

By Dr. Paula V. Williams RN ~2020