

# Quick Tips for Your Holistic Health



## Mental

Connect with others – Research has demonstrated the benefits of social connection, including increased happiness, better health and a longer life.

Stay positive – Thinking negatively can drag down our moods, our actions and even our health. Instead, foster optimism, practice gratitude and think positively.

Help others – Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health.

Get plenty of sleep – Research shows that you're more likely to succeed at your tasks – and enjoy greater well-being – if you get some serious shut-eye.

Create joy and satisfaction – Did you know laughing decreases pain and promotes muscle relaxation? Creating avenues of good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease.

Get professional help if you need it – If the problems in your life are stopping you from functioning well or feeling good, professional help can make a big difference. Remember that you don't have to be in a crisis to seek help. A mental health professional can help with coping strategies and problem solving.

## Spiritual

Every morning, spend 5 minutes in breath awareness or meditation.

Connect weekly with a spiritual support group or individual who shares your values.

Take a few minutes each day to connect and ground yourself in nature.

## Financial

You should save at every stage of your life/ career. Create this habit early.

Good personal credit will benefit you just as much as a good education.

Avoid credit card debt.

You don't have to keep up with the Joneses (they are probably in major debt anyway).

## Physical

Make a plan that will stick

- Change behaviors that you are willing to change
- Write down specific, measureable goals
- Self-monitor your progress (i.e. weighing, recording food intake, and tracking your physical activity every day)

Start small

- Break your long-term goals into manageable milestones

Change one behavior at a time

- Avoid a lifestyle overhaul
- Focus on one goal or change at a time
- Resolve to recover and get back on track

Involve a buddy

- A buddy is good for motivation and accountability
- Think about new activities you can do together
- Consider joining a support group

Ask for support

- Allowing others to help may eliminate barriers that would otherwise get in the way of your success
- Seek help from trained professionals (psychologists, trainers, physical therapists, dietitians)