



3-2006

## SP526-F-Wellness — Your Journey to Well-being

The University of Tennessee Agricultural Extension Service

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### Recommended Citation

"SP526-F-Wellness — Your Journey to Well-being," The University of Tennessee Agricultural Extension Service, SP526-F 10M 3/06(Rep) E12-5315-00-024-06 06-0187, [http://trace.tennessee.edu/utk\\_agexheal/22](http://trace.tennessee.edu/utk_agexheal/22)

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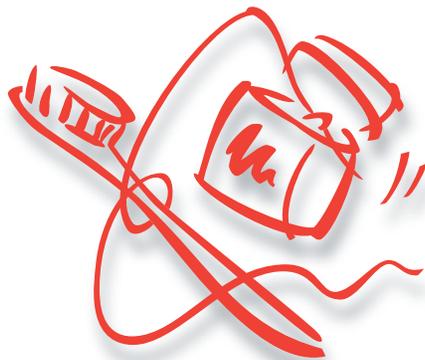
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## Control Your Stress

- Learn what you can and can't control.
- Think positively.
- Find ways to relax.
- Take mental breaks — stretch breaks, short walks.
- Keep a sense of humor.
- Get adequate rest.

## Practice Healthy Habits

- Maintain a healthy weight.
- Brush and floss your teeth daily.
- Do monthly breast, testicular and skin self-exams.
- Have regular medical checkups — vision, dental and physical.



- Take medications as prescribed.
- Avoid repetitive motions and postures that promote carpal tunnel syndrome and back problems.
- When changing a health habit:
  - Identify the barriers to change.
  - Develop a plan to overcome these barriers.
  - Set specific, measurable and rewarding health goals.
  - Make changes slowly.

For more information on wellness, contact:

Visit the UT Extension Health & Safety Web site at <http://fcs.tennessee.edu/healthsafety/index.htm>

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SP526-F 10M 3/06(Rep) E12-5315-00-024-06 06-0187  
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U.S. Department of Agriculture and  
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SP526-F

# Wellness — Your Journey to Well-being



**a wellness publication written by  
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**THE UNIVERSITY of TENNESSEE**

You can protect your health and improve your well-being by learning self-care skills and making lifestyle changes.

(✓) Check those health actions you plan to try.

## What is Wellness?

Wellness is a life-long journey to improve your mental, physical and social well-being.



**Physical Wellness** includes being physically fit, eating a healthy diet and being safe.

**Mind/Body Wellness** includes your attitudes, self-esteem and reactions to the stressors in your life.

**Social Wellness** addresses your relationships with others.

## Build a Support System

- Reach out to others.
- Develop friendships.
- Vent feelings before they build up.

## Step Up to Fitness

- Develop a daily exercise plan.
- Exercise 30 minutes daily, five or more days a week.
- Include stretching, aerobic and strength-building exercises.



## Stay Safe

- Wear your seat belt.
- Never drink and drive.
- Don't smoke or chew tobacco.
- Wear sunscreen with SPF 15 or greater.
- Practice safe sex.
- Always follow the directions when you take medicines — over-the-counter or prescription.
- Avoid illegal drugs.
- Lift with your legs, not your back.

## Be a Good Communicator

- Use "I" statements.
- Listen.
- Don't judge.
- Make eye contact.

## Eat Right

- Watch portion sizes.
- Choose low-fat foods.
- Follow the My Pyramid plan for healthy food choices. ([mypyramid.gov](http://mypyramid.gov))
- Limit high-calorie foods.