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

The University of Tennessee Agricultural Extension Service

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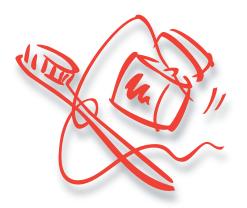
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Control Your Stress

- Learn what you can and can't control.
- □ Think positively.
- $\hfill\square$ 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 Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

UT Extension SP526-F

Wellness — Your Journey to Well-being



a wellness publication written by Barbara (Bobbi) P. Clarke, PhD, RD Professor, Public Health Education Family and Consumer Sciences

THE UNIVERSITY of TENNESSEE

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

(\checkmark) 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)
Limit high-calorie foods.