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

The University of Tennessee Agricultural Extension Service

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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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University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and
county governments cooperating.
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UT Extension

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)
- Limit high-calorie foods.