

# Wellbeing for a Healthier Body and Mind



**What makes you happy today?** (\*Note: This is present tense. What makes you happy now?)

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**What is wellbeing?**

- Presence of positive emotions and moods

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- Absence of negative emotions

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- Satisfaction with life

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- Fulfillment and positive functioning

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**What have you seen in happy people?**

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**Characteristics of happy people**

- Feel gratitude

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- Are optimistic

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- Like and take care of themselves

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- Have friendships and close relationships

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- Surround themselves with positive people

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- Feel they have control over their lives and choices

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- Have curiosity, are creative and never stop learning

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- Help others

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- Have balanced lives

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### Mindfulness

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### Physical Health Contributes to Wellbeing

- Heart disease

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- Cancer

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- High blood pressure

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- Type II diabetes

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### Nutrition Contributes to Wellbeing

- Gut-brain connection
- Make small changes
- Pay attention to food labels
- Focus on
  - Macronutrients (protein, fats, carbohydrates)
  - Micronutrients (vitamins, minerals)
- Manage portions

- Meal prep and planning

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### Exercise Contributes to Wellbeing

#### Regular exercise can. . .

- strengthen your heart
- lift mood
- relieve stress
- facilitate better sleep
- improve thinking
- slow progression of Alzheimer's
- reduce risk of cancers

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### Summary Suggestions to Improve Wellbeing

- Get proper sleep
- Eat a balanced diet
- Increase your sunlight exposure
- Manage stress
- Exercise
- Avoid smoking and alcohol
- Be social
- Find and practice new hobbies
- Live in the present

### Locating Additional Information about Health

- Your Program website
- <https://www.choosemyplate.gov/>
- <http://www.fitness.gov/>
- <http://www.nih.gov/health-information>

### My Takeaway Goals:

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**End of Day Inventory**

1. Events of my day:

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2. Positive things that happened:

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3. Negative things that happened that benefited me in some way/I can learn from:

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