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...AS "A SIMPLE MIND-BODY-SPIRIT PROGRAM
FOR SENIORS, ADULTS AND TEENS
OF ANY FAITH, OR NO FAITH."

IMPROVING THE WELLNESS OF SENIORS, ADULTS AND TEENS

WHILE CREATING A WORLD OF LOVE, PEACE AND ABUNDANCE



Less Stress, Better Health and More Love

A free workbook to accompany our free online workshops

Donations will be accepted at registration through

Eventbrite

Tom DeLoughry, Ed.D.

Working Draft for Edits and Improvements
March 9, 2023

THE LESS STRESS, BETTER HEALTH AND MORE LOVE WORKBOOK

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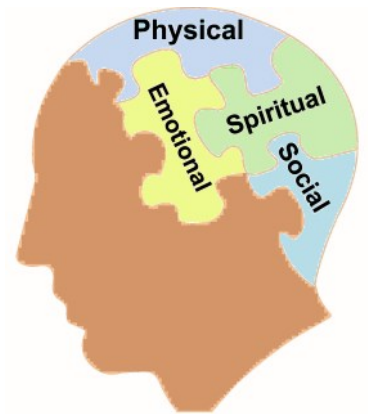
WHAT'S IMPORTANT TO YOU?

Would you like to reduce your stress? ...or even stop it for a minute, an hour or a couple of days?

...Understand how **each piece of your *Wellness Puzzle*** may be helping or harming you? ...and how to **improve the health of *each* piece?**

...**Work more closely** with the professionals, aides and volunteers who provide your **medical, emotional and/or spiritual care?**

...**Help your friends and family**—whether they are seniors, adults or teens—while getting more **support to reach *your* goals.**



EACH PIECE OF THE *WELLNESS PUZZLE* CAN HELP OR HARM THE OTHER PIECES

Those are the questions and opportunities we'll explore in this workbook, the workshops and related books at WWW.LIVINGWELLOW.INFO. Invite your family, friends, neighbors and co-workers to learn with you and support each other. And remember, **the best way to help someone else** is to *first* improve **YOUR** own health and happiness!

CHOOSE YOUR GOALS

What are your most important goals?

Stop stress? ...Feel closer to friends and family?

...More peace of mind? ...Avoid addiction? ...Better physical health?

...Feeling loved? Respecting yourself and others? ...Forgiving yourself and others?



...Draw pictures of it

....Tell someone about it

....Write stories about it

...Sing songs about it

AND MAKE PLANS TO LIVE IT!

ENTER YOUR *HOPES*, YOUR *GOALS*, YOUR *PICTURES*, YOUR *STORIES*, YOUR *SONGS* AND YOUR *DREAMS* IN YOUR **SUCCESS AND SATISFACTION LEARNING PLAN** ON PAGES 17-18

CHOOSE YOUR GOALS ...AND INVITE OTHERS TO JOIN YOU

Check off the topics that are most important to you.

Who else might benefit? ...Friends? ...Family? ...Co-workers? Write their initials after each topic

Invite them to *Live Well with you* by sending this free booklet to them and VISITING WWW.LIVINGWELLOW.NOW.INFO.

FOR MORE DETAILS, READ [CAREGIVER STORIES AND STRESS SOLUTIONS](#).

<i>Do you want to...</i>	<i>YOU</i>	FRIENDS AND FAMILY YOU CAN ENCOURAGE WRITE THEIR INITIALS HERE		
Have less stress or struggles? More peace and happiness? P. 4-7				
Control illness, feel better, and live longer? P. 4				
Have less fear, anger, depression and guilt? P. 5-7				
Forgive yourself or others? P. 8				
Empower yourself to celebrate or relax with music? P. 6				
Use movement as a medicine to stay healthy? P. 10-11				
Eat better to feel better? P. 10-11				
Feel better by helping others and your community P. 13				
Make sure your end-of-life wishes will be respected? P. 12-13				
Stop elder abuse, sexual abuse, child abuse and bullying? P. 14-15				
Be respected and be respectful of others P. 16				
Avoid hospitalizations and emergency room visits? P. 16				

...and Explore *Choices to Change* yourself and your community

by joining a workshop for seniors, adults, teens, caregivers, aides or professionals
at your worksite, a health care setting, a community center or or your church.

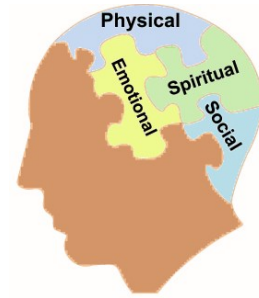


THE LEARNING POEM

*Choose your goals and check your signs.
Take some steps and learn each time.*

CAN HELP YOU

**IMPROVE EACH PIECE OF YOUR WELLNESS PUZZLE
WHILE WORKING MORE CLOSELY WITH YOUR DOCTOR**



“You know, I think we’ve got two issues going here,” said Bernice. “There’re the medical problems. God knows we’ve each got enough of those. And then - ever since we both got sick - there’s been all this bickering.”

She paused, meeting his eye. “Joe, we never used to be like this.”

“So then we need two plans?” Cindy said, looking hopefully at her mother. “One to keep you out of the hospital? And another to keep your love going?”

EXCERPT FROM: “*YES YOU DO!*” IN *CAREGIVER STORIES AND STRESS SOLUTIONS* p.26

Choose Your Goals



LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

A Learning Poem for Any Problem

Think about your life and your future. Would it help to have a plan to enhance your physical, emotional, social and spiritual wellness?

You can help yourself or someone else to deal with any problem by following this little “learning poem.”

*Choose your goals and check your signs.
Take some steps and learn each time.*

This poem is:

- a **stress management** plan that can decrease negativity and increase the joy in your life,
- a **disease management** plan to discuss with your doctor
- A **spiritual growth** plan to discuss with your minister
- A **social wellness** plan to enhance harmony between seniors, adults and teens—as well as their friends and relatives.

For *emotional* health, “check your signs” of stress (i.e., alarm response, snooze response and threat thoughts); for *medical* issues, like diabetes, assess blood glucose; for *spiritual* health, assess the signs of peace and joy; for social wellness, track whether love and support from others is growing.

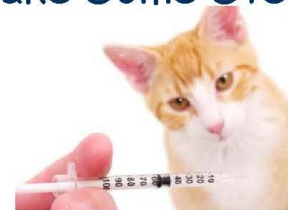
The process (goals, signs, steps, learn) **is the same for each part of the Wellness Puzzle.** The back cover illustrates how the Learning Poem and the Planning Poem can support your goals.

...and Check Your Signs.



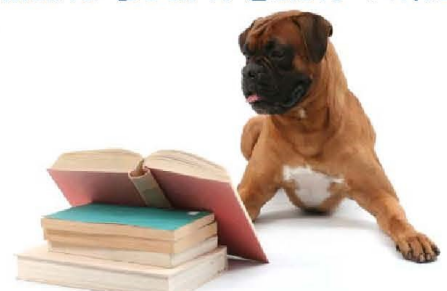
STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ABILITIES FOR ACTIVITIES · DRUG OR ALCOHOL USE

Take Some Steps



MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE “SATISFACTION SKILLS”:
BE AWARE · AFFIRM · ASSERT · ACCEPT

...and Learn Each Time.



RE-CHECK YOUR “SIGNS” TO LEARN WHAT WORKS FOR YOU

CHECK YOUR SIGNS

You can use the “Learning Poem” to track signs (e.g., blood pressure) for any type of wellness.

If you begin by tracking your signs of stress, your “Learning Plan” (see p 15) can help you see if the *Satisfaction Skills* are helping you within a few days or weeks. For example, you might “learn” that your signs of stress happen less often, are less intense, and stop more quickly.

Typical *signs of stress* include:

- **The alarm response**
 - Tight muscles, rapid heartrate, fast breathing, fear, anger
- **The snooze response**
 - Tired muscles, low energy, sighing, depression
- **Blinder-vision** (e.g., seeing just the bad when we feel bad)

Our feelings influence the facts we see. Thus, we often only see *part* of what is true.

He waited. Screaming inside.

EXCERPT FROM: “TRAPPED” P. 14 IN
CAREGIVER STORIES AND STRESS SOLUTIONS

Beware of *Blinder-vision*!

It’s a barrier that limits what *you* see, whenever you have a strong feeling.

Think about the times you’ve been in a bad mood - whether you were afraid, angry, depressed or stressed.

What did you notice about yourself, others and the world? The good or the bad?

Most of us mostly notice the bad when we’re in a bad mood. And if you mostly notice the “bad,” what kind of decision are you likely to make? A bad one!



Or think about a time when you were really excited or attracted to a future dream... Maybe a great vacation... a new car... some stylish clothing... or a sexual attraction that might get complicated.

When you were eager, weren’t you more likely to focus on the positive? and minimize future costs or complications? When blinder-vision causes you to focus on just the “feel-good” aspects of a choice, weren’t you be tempted to make a

WRITE YOUR SIGNS OF STRESS BE SPECIFIC (HOW STRONG? HOW OFTEN?)

THIS PROGRAM WILL TEACH YOU TO STOP THESE SIGNS OF STRESS FOR ONE MINUTE

THEN, WATCH THEM GROW INTO HOURS OF PEACE AND DAYS OF SATISFACTION!

Alarm Response	Snooze Response	Blinder Vision
Very tight shoulders for 90 minutes	Very low energy + sad all afternoon	“I’m a jerk.” “He’s no good.”

ALSO, WRITE THE MEDICAL SIGNS (e.g, blood pressure, pain) **YOUR DOCTOR WANTS YOU TO “CHECK”.**

(Enter your stress signs *and* medical signs in your “**SUCCESS AND SATISFACTION LEARNING PLAN** “on pages 17-18

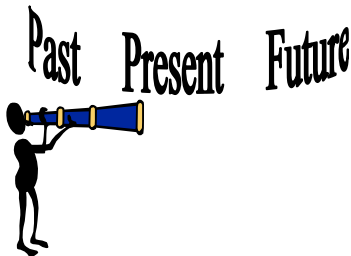
Take Some Steps

Use the Satisfaction Skills

to communicate, reduce stress and feel more love

Awareness or mindfulness is the choice to focus on what's most helpful, such as

- *The present moment*, instead of a troubled past or a fearful future
- *Someone else's perspective*, rather than just your point of view
- Focusing your attention on your breath or a peaceful thought
- The spiritual, physical, emotional or social aspect of a situation



Most of us *stay* stressed because our mind is “stuck” focusing on something that happened in the past, or anticipating something that might happen in the future.

Yet, our minds are like searchlights. **You can choose to focus on the past, the future or some aspect of the present.**

Appreciations or affirmations are compliments like: “Thank you” or “Good job”

- Affirmations are positive statements or compliments like: “You’re doing well” “Thank you,” “I’m trying my best,” “I could see peace instead of this.”
- **Turn your fist into an open hand by counting five things you’re grateful for.**



Assertiveness is the skill of saying what you think, how you feel and what you want. **Action is doing something, instead of just complaining about it.**

- *Assertive statements* usually begin with “I am..”, “I want...”, “I feel...”
 - This can start a positive conversation so you understand each other
- *Aggressive statements* usually start with: “You are...”, “You should...”
 - This can start arguments where you blame each other.



Acceptance doesn't mean giving up. Instead, **acceptance**, as taught in this booklet, **means letting go of your anger, fear or guilt, so you don't make a bad decision because of blinder-vision** (see p, 5)

Both acceptance and forgiveness rely on other skills, and is a mix of:

- *Being aware* you've done your best (if not, try at least once more)
- *Affirming* the efforts that others may have put into solving the situation
- *Sharing or asserting* your wants, needs, feelings and concerns with someone else



Music is a powerful tool that can be especially helpful when you when you want to focus on the present moment, remember to be grateful, need energy to take action or take a break and relax

Which is better: Taking pills to change your mood? Or listening to a playlist that helps you be focused, grateful, brave or relaxed?

Take Some Steps

Enhance Your Spirituality

Spirituality isn't important to everyone. However, if it is to you, try using the *Satisfaction Skills* as prayer skills:

- *Awareness* can open your mind to the blessings, love and goodness that surrounds you now.
- *Appreciate* -- praise and thanks for the wonders of life -- are an uplifting and common form of prayer.
- *Action* can be used to call on your spiritual strengths like love, wisdom and zeal
- *Acceptance* helps us recognize that we do not have the wisdom to predict the future or to understand God's will (e.g., as expressed in prayers like: "Thy will be done"). It helps us to trust.



The Common Core of Many Faiths

Although different faiths have different beliefs, all of them teach some aspect of the Golden Rule. As summarized in *Getting Support and Finding Love* (p. 9) **caring about each other, and acting on those beliefs, has spiritual, emotional and health benefits.**

The Golden Rule as Expressed in Major Faiths	
<i>Buddhism</i>	"Hurt not others in ways that you yourself would find hurtful." Udana-Varga 5,1
<i>Christianity</i>	"Do to others as you would have them do to you." - Jesus (5 BCE—33 CE) in Luke 6:31; Luke 10:27; Matthew 7:12
<i>Confucianism</i>	"What you do not want others to do to you, do not do to others." -Confucius (ca. 551–479 BCE)
<i>Hinduism</i>	"This is the sum of duty; do naught onto others what you would not have them do unto you" - Mahabharata 5,1517
<i>Islam</i>	"Hurt no one so that no one may hurt you" -- Muhammad, The Last Sermon. (570 – 632 CE)
<i>Judaism</i>	"Whatever is hateful to you, do not do to your neighbor. That is the whole Torah. The rest is commentary – Hillel the elder (50 BCE-10 CE)

Donna was aching to find her child and Susan feared she was pregnant when they first sang together on a bleak Bahamian beach. Hours later, Martin Luther King was killed.

But what they learned that day, helped them heal from the harm inflicted by rape and inflamed by religion.

FROM: "FRIENDSHIP: A NOVEL ABOUT LOVE, HOPE AND MUSIC"

Take Some Steps

Forgiveness is the “medicine” that can cure any negativity, whether it be anger, depression, guilt or stress. These feelings (as discussed on page 5) can blind you to the goodness in your life. But forgiving yourself and others can re-enchant you with the beauty in the world.

Forgiveness is a central message in most faith traditions and a key focus of psychology.

But *how* do we forgive ourselves and others?

The four *Satisfaction Skills* can infuse forgiveness into your thoughts and actions. *Start by using them to forgive yourself.*

Awareness - Rather than dwell on past mistakes and heartbreaks, use awareness to focus on the present moment. Meditation (as presented in our program) can help you to be aware of the goodness that surrounds us now, replacing angry and guilty thoughts with peace.

Affirmations - Think about the positive and the good in you, in others and in God’s creation. Or silently repeat a positive affirmation such as, “I forgive, and live in the joy of each day.” Be grateful for your gifts and blessings.

Assertiveness - Tell friends, family and God about your hopes, goals and feelings. (Try to stick with “I feel... and I want... statements, rather than saying “You are... or you should...”). Apologize and/or seek justice as necessary.

Acceptance - Forgiveness and acceptance happens after we make an effort to be aware, affirm and be assertive in our thoughts, actions and prayers.

To get better at forgiveness, you need to keep practicing it. Use the worksheet below to develop your forgiveness plan.



What’s Your Forgiveness Plan?

<i>What I’ll do</i>	<i>How often I’ll do it</i>
Forgive myself	
Forgive others	

Social Wellness

Give and Get Support

Support is like a wonderful medicine. If you use the satisfaction skills, you'll get more support, because using these skills can improve your relationships.

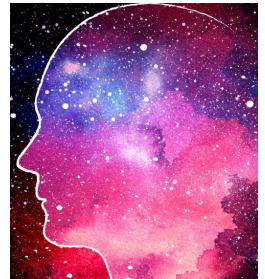
Social isolation, or having no support, is a greater health risk than smoking! (Smoking increases the risk of death 1.6 times, while social isolation does so by a factor of 2.0).

Study after study shows that helping others can improve *your* health and happiness. The benefits seem to occur if you spend at least two to four hours per week helping others.

Wherever you live, there are a lot of opportunities, such as **Senior Companions** and the Retired Seniors in Service to the Community (**RSVP**), even a “Care Ring” or similar programs where you can help others without leaving home. To learn more about these and other options, contact your local Office for the Aging or Department of Senior Services, as well as the Corporation for National and Community Service at www.NationalService.gov and AARP

Finding More Love

Try using the satisfaction skills more frequently with others or in prayer. **Do these skills bring more love** (i.e., a sense of oneness and connectedness) **into your life?** As illustrated below, the more you use them, the more support and bliss you will experience.



Eat Well and Exercise

This page, and part of page 11, will provide a brief summary of exercise and nutrition guidelines from the Centers for Disease Control, with links to CDC content to learn more.

In keeping with "Invite Others" theme introduced on page 2, It will encourage participants to reach out to friends and family for support in reaching goals.

CDC's Division of Nutrition, Physical Activity, and Obesity

Making Healthy Eating Easier



A leader in our nation's efforts to keep Americans safe and healthy where they live, work, learn, and play.

Good nutrition is essential in keeping current and future generations of Americans healthy across the lifespan. Breastfeeding helps protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) works with national, state, and local partners to make healthy living easier for people to achieve. We educate the public about the benefits of good nutrition on their health. We focus on increasing breastfeeding support and promoting the availability of healthy, affordable foods where people live, learn, work, and play.

Brain Health

The Brain Health segment will summarize features and benefits from the AARP's "Staying Sharp" program and related content,

Brain Health 101



Updated Sep 7, 2022

Here's What You'll Learn

Research is finding that a variety of strategies — exercising regularly, eating a brain-healthy diet, getting quality sleep, socializing with friends and family, engaging the brain and reducing stress — make a big difference in helping to keep our brains healthy. Neurosurgeon and CNN chief medical correspondent Sanjay Gupta, M.D., helps you explore the six pillars of brain health that research shows can help keep minds active and preserve memories as people age.

Sanjay Gupta, M.D., is the author of the #1 *New York Times* bestseller of *Keep Sharp* and accompanying workbook, *12 Weeks to a Sharper You* (published in collaboration with AARP).

Take Some Steps

End of Life, the Law and New Beginnings

"Remember how we always said we'd go together?" I could hardly speak because my chin was trembling. "If you die, I'll miss you so much!"

I knew it was the exact wrong thing to say. I should be brave and say Bernice should go to God or whatever. But I didn't want her with God, I wanted her with me! ...I wanted her with ME!!!

from: "Waiting for Spring (part 1)" in [Caregiver Stories and Stress Solutions](#)

Dying Well depends on emotional, spiritual and legal choices

The final days can be a time of great peace -- even a celebration of a life well lived. But for some, like Joe in the above story, it is a time of panic and despair.

Communication and forgiveness can lead to new beginnings

It's normal to avoid thinking or talking about death. But the denial of death can make a bad situation worse. It can even cause years of regret, because love depends on good communication with friends, familyand God.

The *Satisfaction Skills* (shown at right) can help. They offer a path to better communication, deeper prayer and greater forgiveness to open you to the love that surrounds you.

New beginnings with friends, family and God can be sparked by better communication and forgiveness.



Understanding Challenges and Tragedies

You can gain a new understanding of life's challenges, including the need to accept, forgive and love, by considering:

- Sacred writings or other wisdom
- The traditions of your family and your faith
- The experience of your own life
- What your logic and reason tell you

Share your thoughts, questions, doubts, stories and understandings with family, friends, a counselor or a minister.

Will Your Wishes Be Respected?

Advance directives are instructions for your future health care, if you ever can't speak for yourself.

For example, in the story on the opposite page, could Bernice count on Joe to follow her wishes?...if she decided she didn't want intensive care treatment and was ready to die?

He certainly loves her ...but, what about his own neediness? Would he be the best health care proxy (i.e., someone legally designated to speak for Bernice, if she were unable to speak for herself?)

These legal forms (which don't require an attorney) can assure that your wishes will be respected:

- A *Health Care Proxy* form, which all adults should have
- A *MOLST* form for those who are critically ill

Health Care Proxy --This form, sometimes referred to as a “durable power of attorney for health care” allows you to pick someone to speak for you about medical decisions when you are no longer able to do so for yourself.

The image shows two overlapping legal forms. The top form is titled "Health Care Proxy" and contains sections for appointing an agent and an alternate agent. The bottom form is titled "MOLST" (Medical Orders for Life-Sustaining Treatment) and includes instructions for life-sustaining treatment and resuscitation instructions. Both forms have fields for patient information and signatures.

In most states, including New York, it can be completed without an attorney.

For more information about these four steps (illustrated by the story of a woman whose mother died from Alzheimer's Disease,) please watch the *End of Life Planning* video. You'll find on our website at www.CaringTeams.org (click on “Health and Happiness” and then “End of Life”).

Medical Orders for Life Sustaining Treatment (MOLST)

MOLST is recommended for individuals who want to avoid or receive any or all life-sustaining treatment; people who reside in a long-term care facility or receive long-term care services; or anyone who might die within the next year. It contains valid medical orders that must be followed by all health care professionals. MOLST is not intended to replace traditional advance directives like the Health Care Proxy and Living Will.

For additional information and videos about MOLST, advance care planning and other end-of-life issues, please visit: www.CompassionAndSupport.org or www.SharingYourWishes.net

Take Some Steps

Stop Abuse and Bullying

Alice was halfway through a bowl of ice cream when her daughter burst through the backdoor.

Earlier that evening, Emma had spent extra time getting ready for a date with a new guy.

But in the glare of the kitchen light, her eyes brimmed with tears and mascara stained her cheek. Her blouse stretched awkwardly from a button fastened to the wrong hole.

Startled at seeing her mother, she turned away and got a drink from the sink.

“What are you doing up so late?” Emma asked, staring out the dark window.

“I was hungry,” Alice replied. “What’s wrong, honey?”

“Nothing I can’t handle,” she said. “Goodnight, Mom,” her voice faltering as she rushed up to her room.

Alice climbed the stairs through waves of fear and anger. What could she do without making a bad situation worse?

EXCERPT FROM [THE EPIDEMICS: WHICH WAS WORSE? THE OPIOIDS, THE VIRUS OR THE FEAR?](#)

ABUSE THRIVES ON FEAR AND SILENCE

Abuse has many forms. Maybe it’s a date rape, like in this story. Perhaps it’s violence or neglect. Maybe it’s bullying at home, work or school.

Or it might be a senior who’s being cheated financially, or a child who is suffering from sexual abuse or bullying.

Anyone can be affected but women, children and the elderly are especially vulnerable.

Abuse thrives when someone is silent - or doesn’t seek help.

You Can Help

Although every incident is different, the following steps can help you to address any type of abuse - and eliminate it in your life.

- **Support victims and don’t blame them**
 - Express your concerns and listen.
- **Speak up**
 - The silence of victims, neighbors and/or loved ones permits abuse to continue. Victims have a right to justice and a fear-free life.
- **Get Help**
 - Use these resources as a starting point to help yourself, and those you care about. **Severe abuse or bullying can lead to suicide, especially among teens, so don’t hesitate to get help.**

Abuse can have a medical, emotional, social and spiritual impact - and legal resources may be required. Thus, follow the *Planning Poem* on page 18 to make sure you get ALL the help you need.



Use the Satisfaction Skills to hasten the healing process

- Be *aware* of the warning signs of abuse (e.g., unexplained injuries; changes in appetite, behavior, grades, performance, sick days, grades, socializing or sleep)
- *Affirm* the strengths of the victim. Remember, abuse is never the victims' fault, so don't blame.
- *Assert* your feelings (e.g., concern, worry, anger, fear) **Be assertive about the right of the victim for justice and a fear-free life.**
- Healing usually requires *acceptance* or forgiveness. But, **forgiving a past abuse does not mean that justice is ignored, or that abuse is ever acceptable again.**

Help Abuse Victims with ALL their needs

Abuse doesn't harm just one dimension of your well being. Any piece of the Wellness Puzzle might help or hurt the healing process. So you may need a separate plan for each of your needs.

Call you local **United Way 211 number** to learn about local resources that can help.



HELP IS AVAILABLE!

Call 911 if you are in immediate danger.

Child Abuse:

- Learn about prevention, identification and state-specific resources at www.ChildWelfare.gov
- National Child Abuse Hotline 1 800-4-A-CHILD (1-800-422-4453)
- Call the **National Domestic Violence Hotline** at 1-800-799-SAFE (7233)
- Visit "Violence Against Women" at www.womenshealth.gov/violence

Elder Abuse:

- Visit the National Center on Elder Abuse at www.ncea.aoa.gov
- Call the Eldercare Locator at 1-800-677-1116

Sexual Abuse and Rape:

- Call the National Sexual Assault Hotline at 800-656-HOPE (4673)
- Visit the Rape, Abuse & Incest National Network at www.RAINN.org

Bullying:

- Call 211 for local resources and visit www.StopBullying.gov for more information.



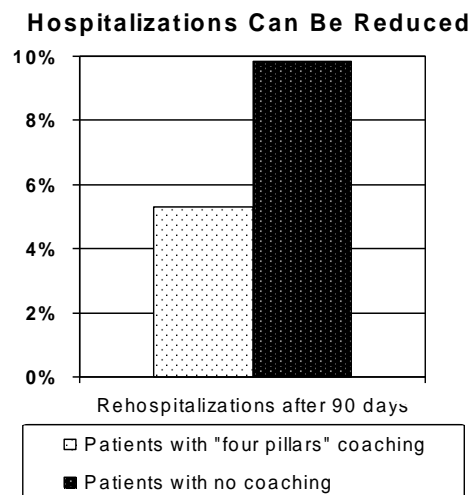
Take Some Steps

Connect Your Care To Reduce Hospitalizations!

If you receive care from more than one doctor, each doctor probably doesn't have enough information to prescribe the proper medicines and provide good quality care. Thus, mistakes are common.

Who is the best person to inform your doctors and connect your care?
You!

You can reduce hospitalizations by nearly half if you take a more active role in your care, according to a "Transitions of Care" study* in which patients, who had just been discharged from the hospital, were coached in *four pillars of care* (as shown in the graphic). Although this study was done with seniors, **the results also apply to children, teens and adults** who have been hospitalized.



Do you..

- Bring a list of all current medications (or your pills) to each doctor visit? YES NO
- Bring your health record with you each time you see a new doctor ? YES NO
- Follow-up with your doctor after hospitalizations ? YES NO
- Know your "red flags" (when to call your doctor) YES NO

If you answered "yes" to each of the above questions, you reduce your risk of rehospitalization by nearly 50%

*from: Coleman, EA et al. "The Care Transitions Intervention: Results of a Randomized Control Trial" Archives of Internal Medicine 2006; 166, 1822-8

Be Respected by Being Respectful

"Hello?" he called from his hospital bed. Softly so he wouldn't wake his roommate.

Footsteps squeaked in the hall and he called again. The aide hesitated in the door, then approached, looking like she hadn't slept for two nights.

"I need some help," he said, looking down at his sheets, damp and stained.

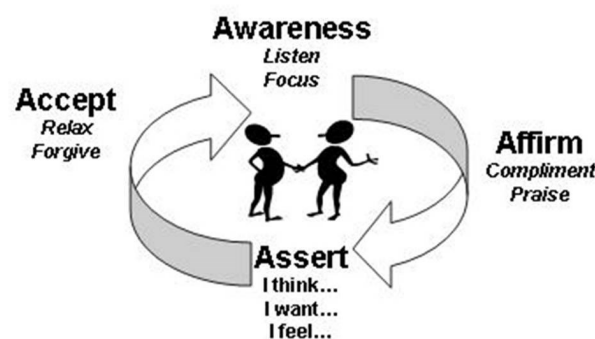
He had a hard time understanding her accent. But her smile told him she would help, and he said, "You're very kind."

EXCERPT FROM: "TRAPPED" IN CAREGIVER STORIES AND STRESS SOLUTIONS

In the story above, Joe is aware the aide is tired. He asserts his need for help, and then affirms her kindness.

Instead, what might have happened if he had ignored her exhaustion and said, "What took you so long?"

Using the *Satisfaction Skills* (p. 6-9) to communicate with your caring team (e.g., aides, professionals caregivers) will improve the care you get from them. Your affirmations will also encourage them to perform at their best. If you want respect, be respectful.



... AND LEARN EACH TIME FROM YOUR EXPERIENCE

Learn from your own experience by keeping a *Success and Satisfaction Journal*
 The illustrations at the top and bottom summarize what has been presented in this booklet
 Create your own, and share it with family, friends, and others who care for you.


MAKE A PLAN FOR EACH SIGN YOU TRACK. KEEP RE-CHECKING TO LEARN WHAT WORKS.

Creating My Story

Steps, Stumbles and Successes


USE THE LEARNING POEM

Choose Your Goals




LOVE • PEACE OF MIND • HEALTH
INDEPENDENCE • HAPPINESS

and Check Your Signs.




STRESS • SATISFACTION • DEPRESSION
BLOOD PRESSURE • WEIGHT • CHOLESTEROL

Take Some Steps

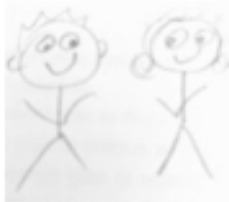


MEDICATION • THERAPY • SELF-HELP
EXERCISE • EAT WELL • GET SUPPORT
USE THE "SATISFACTION SKILLS":
BE AWARE • AFFIRM • ASSERT • ACCEPT

...and Learn Each Time.



RE-CHECK YOUR "SIGNS" TO LEARN WHAT WORKS FOR YOU




My goal is to have the best life I can imagine - like my stick-figures of us smiling at each other. I want fewer fights, less headaches, better diabetes control and more love!

My most common signs of stress are the alarm response (tight muscles, angry, nervous) that usually lasts for hours or days after we argue. Then, "blinder-vision" keeps both of us focused on the "bad" stuff about ourselves and each other, causing more fights.

The steps I'll try this week are: 1) discuss the Living Well stories, downloads and videos with my family and friends; 2) see if the "Satisfaction Skills" (awareness, appreciation, action, acceptance) can really improve my communication, and maybe help me to forgive myself and Emma; 3) take my meds as prescribed; 4) see what my minister and doctor - plus Emma's counselor - thinks about using this journal.

When I start to volunteer, I'll make a playlist of upbeat songs to give me energy, and sing "Brave" when I'm scared!!

BEWARE OF BLINDER-VISION
When you feel bad, will you make a bad decision?



Awareness

- Focus on the present, instead of past hurts or future fears
- Tune into feelings


**Less Stress
More Satisfaction
Deeper Wisdom**

Action

- Speak assertively, not aggressively
- Volunteer and use your powers: physical, emotional, social, spiritual


Acceptance

- Forgive
- Trust



Appreciation

- Be grateful for the good
- Praise others



Each piece of the Wellness Puzzle can help or harm the other pieces.

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www.LivingWellNow.INFO

Success and Satisfaction Journal

My Thoughts, Actions and Results

USE THE LEARNING POEM

Choose Your Goals



LOVE • PEACE OF MIND • HEALTH
INDEPENDENCE • HAPPINESS

and Check Your Signs.



STRESS • SATISFACTION • DEPRESSION
BLOOD PRESSURE • WEIGHT • CHOLESTEROL

Take Some Steps



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Copy the blank *Success and Satisfaction Journal* from the opposite page to create as many copies as you would like.

Unlimited downloads are also available from www.LIVINGWELLOWNOW.INFO

To make it easier for the professionals providing your medical, emotional or spiritual care, draw boxes on the blank forms (illustrated at right) so they can also learn from your experience.

Creating My Story
Steps, Stumbles and Successes

USE THE LEARNING POEM

Choose Your Goals

...and Check Your Signs.

STRESS - SATISFACTION - DEPRESSION
BLOOD PRESSURE - WEIGHT - CHOLESTEROL

Take Some Steps

MEDICATION - THERAPY - SELF-HELP
EXERCISE - EAT WELL - GET SUPPORT
USE THE "SATISFACTION SKILLS"
BE AWARE - AFFIRM - ASSESS - ACCEPT

...and Learn Each Time.

RE-CHECK YOUR "SIGNS" TO LEARN WHAT WORKS FOR YOU

DATE	SIGN AND SYMPTOMS	STEPS	NOTES
2/05/22	BP 125/75	Took meds and did yoga	All is well
2/06/22	BP 145/92	Took meds	Upset after car accident
2/07/22	BP 130/80	Took meds and did yoga	Doing better

It's UP TO YOU!

Remember —no matter how wonderful your doctor is—about 80% of your health depends on what YOU and others do in your homes and your community.

Volunteer and vote to make your communities better!

Plus, volunteering is good for you, emotionally and physically!

"CLINICAL CARE" FROM YOUR DOCTOR ONLY DETERMINES ABOUT 10% OF YOUR HEALTH, AND YOUR GENES INFLUENCE ANOTHER 10%.

YOU NEED TO VOLUNTEER AND VOTE TO IMPROVE THE OTHER 80% THAT MAKES US SICK!

AARP Donate Volunteer Help Member Benefits AARP Rewards 16, Thomas

Causes Programs Virtual Volunteering Current AARP Volunteers

Volunteer For a Cause You're Passionate About

Health Care & Wellness
Help older adults navigate the challenges of aging to enjoy a more active, vibrant and healthy stage of life.

Caregiving Support
Assist family caregivers and ease some of their caregiving responsibilities and their families' financial and emotional burdens.

Fraud Prevention
Empower older adults to spot and avoid scams on computers, cell phones and their families' financial records.

Fun and Fulfillment
Help others enjoy life to the fullest by building meaningful connections and participating in fun activities.

Age-Friendly Communities
Support efforts to build better, stronger communities that meet the needs of people of all ages and help them live more independently.

Childhood Literacy
Improve children's reading skills, make intergenerational connections and help disrupt the cycle of poverty.

Tax Assistance
Provide taxpayers with low to moderate income with free tax prep and filing so they can get the refund they deserve.

Safe Driving
Educate older adults to help them be safer and more confident drivers.

Veterans and Military Families
Support veterans, the military and their families by connecting them with helpful services and resources.

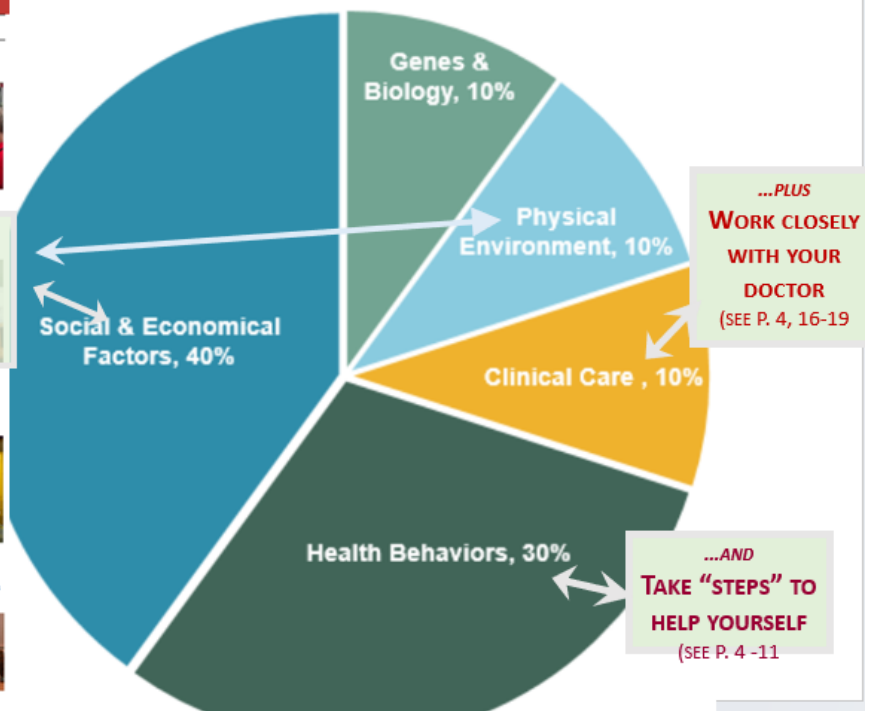
Computers and Technology

Financial Security

Diversity and Inclusion

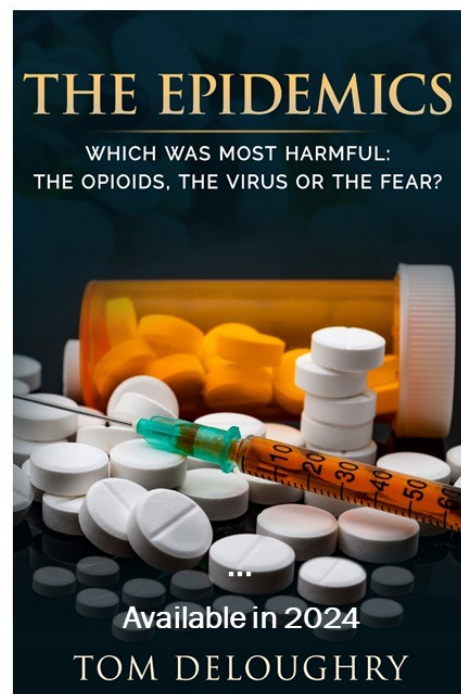
Legal and Advocacy

VOLUNTEER AND VOTE TO IMPROVE SOCIAL, ECONOMIC, ENVIRONMENTAL, AND BEHAVIORAL FACTORS THAT ARE 80% OF THE REASON WE GET SICK.



OTHER BOOKS BY TOM DELOUGHRY

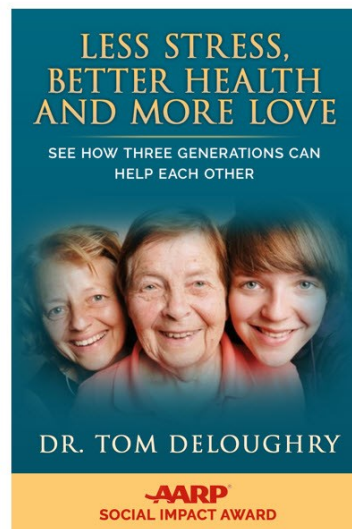
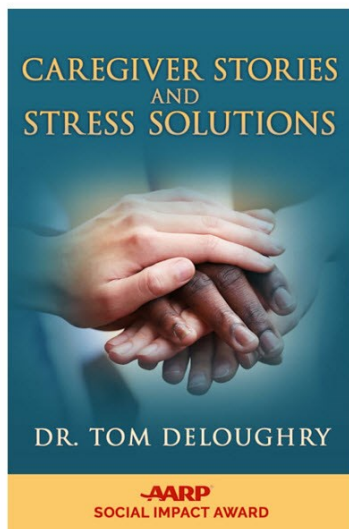
FOUR MUSICIANS MEET IN THE SIXTIES... ARE STUNNED BY TERRORISM... THEN STRUGGLE WITH THE EPIDEMICS



The Friendship Trilogy

TO LEARN MORE VISIT: WWW.LIVINGWELLOW.NOW.INFO

The Friendship Trilogy was inspired by two earlier books, honored by **AARP's Social Impact Award** as “a simple mind-body-spirit program for seniors, adults and teens of any faith, or no faith.”



True stories about caregiving that empower three generations.



The Living Well Learning and Arts Collaborative

The Living Well Learning Collaborative is an opportunity to:

- Use, improve and share *Less Stress, Better Health and More Love* with friends, family and others
 - Register for online and group workshops for seniors, adults, teens, caregivers, volunteers, aides and professionals providing medical, emotional and spiritual care
- Help make Living Well better by creating poems, stories and music that have more power to express our core concepts than the graphics and text we've used in this booklet. **How might the *Wellness Puzzle; the Learning Poem; the Satisfaction Skills, Blinder-vision and the Planning Poem* look if YOU drew it, danced it or sang it?**
 - Check out our website for information on mini-grants, concerts, readings or gallery shows.

About the Author

Tom DeLoughry's interest in the connection between the mind, body and Spirit is reflected in his service supervising drug abuse counselors in a storefront center; directing adolescent services in Child Psychiatry at Buffalo Children's Hospital; directing wellness and disease management at a large managed care organization; directing a Franciscan retreat center; and coordinating a series of Niagara County program encouraging adults and seniors have less stress, better health and more love while reducing hospitalizations and planning for life's final chapter.

This program, which is shaped by an ongoing collaboration with Kathy DeLoughry, was honored by *AARP'S Social Impact Award* as "a simple mind-body-Spirit program for seniors, adults and teens of any faith, or no faith."

Dr. DeLoughry served as a clinical instructor of Psychiatry; an adjunct Assistant Professor of Public Health and as a research Assistant Professor of Family Medicine at the University of Buffalo where he received a masters in rehabilitation counseling and a doctorate (Ed.D.) in health education and behavior.

He is the author of *Help Patients to Better Breathing*, the American Lung Association's national program for emphysema and chronic bronchitis; as well as a follow-up training program called RESPECT (Respiratory Patient Education Certification Program) He created the CBS HealthWatch.com feature series, *The Managed Care Guide*; and *Never Too Old to Be Well*, a multi-media program (booklet, flyers, video DVD, computer CD). He is also the author of *Spirituality and Eldercare*, a chapter in *Spiritual Dimensions of Nursing*, a Templeton Press textbook, edited by Harold Koenig and Verna Carson.

His spirituality has been enhanced by Christianity, Buddhism and other Eastern faiths. He currently serves as a Prayer Chaplain at Unity of Buffalo.

To learn more, please visit:

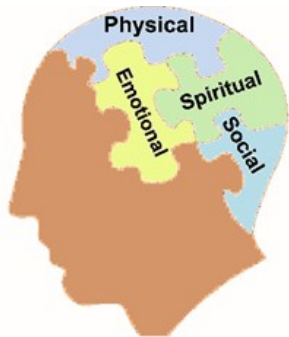
WWW.LIVINGWELLOWNOW.INFO OR WWW.UNITYBUFFALO.ORG

The Planning Poem

Use this *planning poem* to make sure you consider everything that might help.

Start solving your puzzle. Get help when you can.

Use four ways to stop stress And learn from your plan.



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces.

Which pieces of the Wellness Puzzle are most important for you?
....and for your loved one?

Don't focus on one just one piece, and ignore the others.

GET HELP WHEN YOU CAN



Get Connected. Get Answers.

**FIND SERVICES IN
YOUR COMMUNITY**

2-1-1 is a national phone service offered by the United Way. It connects you to an information specialist who can link you to the community services (e.g., financial, emotional, medical, addiction prevention and other help) for seniors, adults or children

The **Eldercare locator** is available nationally through the Eldercare Locator (www.Eldercare.acl.gov - 1-800-677-1116)



AARP offers science-based health news on fitness, nutrition, medications, medical breakthroughs and more. Plus, strategies for creating livable communities and tips on how to live your healthiest life at 50 and beyond. Visit www.AARP.org/Health to learn more.

USE FOUR WAYS TO STOP STRESS

Use the **Satisfaction Skills** to help you:

- improve communication between you and your caring team
- Stop your stress (if only for a minute) by using *Sixty Seconds of Satisfaction* (p. 7)
- Understand and respect people who are different from you (p. 14)
- And to pray (p. 7)

THEN LEARN FROM YOUR PLAN

Use your **Learning Plan** and journal to collaborate with professionals family, friends, and/or caregivers.
Discuss your goals, steps, signs and what you have learned. Then decide on your next steps.



Choose Your Goals



LOVE • PEACE OF MIND • HEALTH
INDEPENDENCE • HAPPINESS

...and Check Your Signs.



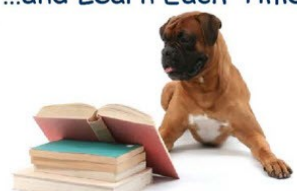
STRESS • SATISFACTION • DEPRESSION
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ILITIES FOR ACTIVITIES • DRUG OR ALCOHOL USE

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