

Create a Happier Story

Learn from Your Stumbles and Successes



Choose Your Goals



LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

...and Check Your Signs.



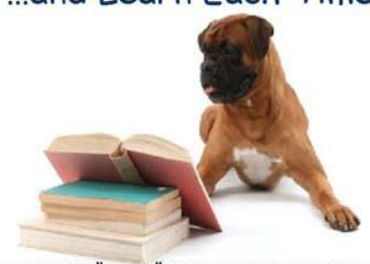
STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL

Take Some Steps

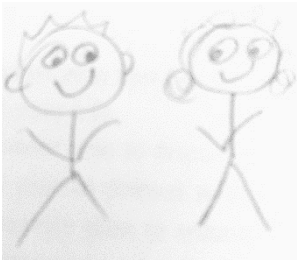


MEDICATION · THERAPY · SELF-HELP
EXERCISE · EAT WELL · GET SUPPORT
USE THE "SATISFACTION SKILLS";
BE AWARE · AFFIRM · ASSERT · ACCEPT

...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, my anger and, sometimes, my pride blocks me from seeing or remembering our love, and we have 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 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. Then, next week, I'll re-check my signs and learn what works.

Awareness

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



Appreciation

- Be grateful for the good
- Praise others

Acceptance

- Forgive
- Trust

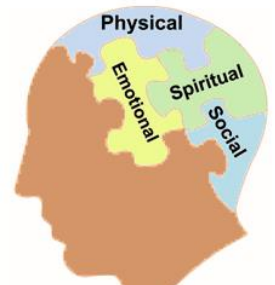
Less Stress
More Satisfaction
Deeper Wisdom

Action

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

Use the Satisfaction Skills

to remove what blocks you from seeing more love and goodness.



Remember that each piece of the **Wellness Puzzle** can help or harm the other pieces