



HONORED BY
AARP
SOCIAL IMPACT AWARD
...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 HELPING PAID AND UNPAID CAREGIVERS TO MEET THEIR NEEDS



Less Stress, Better Health and More Love

Tom DeLoughry, Ed.D.

Kathy DeLoughry, M.S.

Join the Living Well Collaborative

to improve and evaluate the core *Living Well* concepts,
and help us convert them into videos and eLessons
that will be available on smartphones, tablets and PCs.

This consortium of non-profits and individuals will convene regularly
to learn from each other's success and stumbles.

These materials are published under a Creative Commons license,
so the graphics and text may be used, improved or distributed
without seeking prior permission, if the source is acknowledged.

FOR MORE INFORMATION:
www.LivingWellNow.INFO
Tdeloughry@BeingYourBest.org
716-909-9612

THE LESS STRESS, BETTER HEALTH AND MORE LOVE WORKBOOK

MAY BE COPIED OR IMPROVED WITHOUT PRIOR PERMISSION, UNDER A CREATIVE COMMONS LICENSE

WWW.CREATIVECOMMONS.ORG/LICENSES/BY/4.0/ CREATED BY TOM DELOUGHRY, EdD - CENTER FOR HEALTH MANAGEMENT - WWW.LIVINGWELLOWNOW.INFO

IMPROVING THE WELLNESS OF SENIORS, ADULTS AND TEENS

The **Living Well Learning Plan** will help you to experience less stress, better health and more love as you live each chapter of your life.

This workbook will also help you to coach others with *their* challenges.

But, **help yourself first**. Your example - and your story - will be a more powerful motivator than anything you'll find in a book.

You can use our Learning Plan to:

- **Collaborate** with the doctors, counselors, ministers and other teachers who help you
- **Learn** from your experience by tracking your successes or stumbles
- **Coach** others to learn more from their own experiences and the professionals who serve them
- **Enjoy** more satisfying relationships with the aides, volunteers and others who help you
- See the beauty (love, oneness,

Create a Satisfying Story to be healthier and happier

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 • RE-CHECK YOUR

...and Learn Each Time.

*Use it as a journal...
...or a plan to share
with your doctor,
counselor or minister.*

Create a Satisfying Story to be healthier and happier

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 • RE-CHECK YOUR

...and Learn Each Time.

My goal is to have the best life I can imagine - I want fewer headaches, better diabetes control and more love!

My most common signs of stress are the alarm (tight muscles, angry, nervous) that usually lasts for hours after we argue. Then, my anger and, sometimes, my pride block 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 "Satisfaction Skills" (awareness, appreciation, action, acceptance) can help.

GOALS	SIGNS & SYMPTOMS / DATE & TIME	STEPS	NOTES
DANCE AT GRANDDAUGHTER'S WEDDING	BP 125/75 2/05/22 @ 9 AM	Took meds and did yoga	All is well
↓	BP 145/92 2/06/22 @ 5 PM	Took meds	Upset after car accident
↓ LIVE WITHOUT HELP!	BP 130/80 Back pain 2/07/22 @ 9 AM	Took meds and did yoga	Feel achy and shaky

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 SHARING THE STORY OF WHAT YOU ARE LEARNING.

<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. 4-9				
Control illness, feel better, and live longer? P. 4, 12-13, 20-22				
Have less fear, anger, depression and guilt? P. 8, 6-11				
Forgive yourself or others? PP. 10				
Avoid “blinder-vision” (seeing just the bad when we feel bad) P. 6				
Deepen prayer? P. 8-9				
Empower yourself to celebrate or relax with music? P. 7				
Use movement and the outdoor mindfulness for wellness? P. 12, 22				
Eat better to feel better, brain health and dementia P. 13				
Feel better by helping others and your community P. 11,14				
Make sure your end-of-life wishes will be respected? P. 16				
Stop elder abuse, sexual abuse, child abuse and bullying? P. 17-18				
Be respected and be respectful of others P. 19				
Avoid hospitalizations and emergency room visits? P. 19				



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

WHICH PUZZLE PIECES ARE MOST HELPFUL OR HARMFUL FOR
YOU?

...AND THOSE YOU CARE FOR?

The Learning Plan

The Learning Plan is a poem...

Choose your goals and check your signs.

Take some steps and learn each time.

**...that suggests how to improve
each piece of your *Wellness Puzzle*.**

“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

A Learning Plan for Any Problem

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.

**The process (goals, signs, steps, learning)
is the same for each part of the *Wellness Puzzle*.**



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

Choose Your Goals



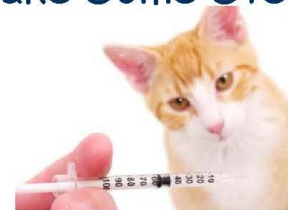
LOVE · PEACE OF MIND · HEALTH
INDEPENDENCE · HAPPINESS

...and Check Your Signs.



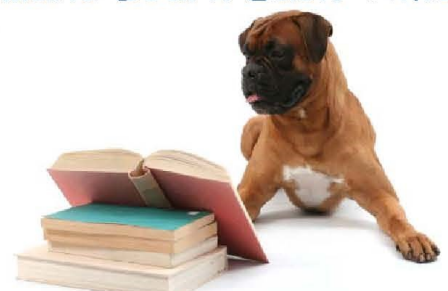
STRESS · SATISFACTION · DEPRESSION
BLOOD PRESSURE · WEIGHT · CHOLESTEROL
ABILITIES FOR ACTIVITIES · DRUG OR ALCOHOL USE

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

Choose Your Goals

WANT TO CREATE A MORE SATISFYING LIFE?

You can...

- **Stop stress for a moment**
...until your peaceful moments grow into hours and days of satisfaction
- **Have better health**
...by working more closely with the team that provides your medical, emotional or spiritual care
- **Experience more love and better relationships**
..by using four *Satisfaction Skills* to solve your *Wellness Puzzle*
-whether you are 77, 47 or 17
- **Become more satisfied as a caregiver or a care provider**
..by taking care of *your* needs while collaborating with your care team and those you serve



Choose Important Goals to Motivate Yourself!!

...Draw pictures of them

....Tell someone about them

....Write stories about them

...Sing songs about them

AND MAKE PLANS TO LIVE THEM!

CHOOSE ONE OF THE ABOVE GOALS BY SKETCHING IT AS A SIMPLE, STICK-FIGURE DRAWING...
OR WRITE A FEW WORDS ABOUT IT ...OR NAME SOME SONGS THAT EXPRESS IT
THEN, INCLUDE IT IN YOUR "LEARNING PLAN," *CREATE A HAPPIER STORY*, ON PAGE 18.

Check Your Signs

Signs of Stress

You can use the Learning Plan to track signs (e.g., blood pressure) for any type of wellness. But, this workbook focuses first on stress because we all get stressed, and you'll learn quickly if your plan works.

Track your signs of stress in your "Learning Plan" (see p 21) to see if the *Satisfaction Skills* are helping. Are they less frequent or less intense? Are you starting to see more glimmers of love around you?

Typical *signs of stress* include:

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

Your feelings influence the facts we see. Thus, we often only see *part* of what is true - and **every negative thought can become a brick in a wall** that keeps us from feeling more love and deeper satisfaction.



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 or clothing... or a sexual attraction that might get complicated.

When you were excited, weren't you more likely to focus on the positive? And minimize future 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 bad decision?

Write YOUR signs of stress. Be specific (how strong? How often?) Use the <i>Satisfaction Skills</i> to stop these signs 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 <i>and</i> medical signs in your "LEARNING PLAN" on pages 20-22)		
6		

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/



Appreciation 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, 6)

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)
- *Appreciating* 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 help you to practice or use each Satisfaction Skill

- What song or type of music can help you focus or relax (e.g. musical valium)?
- Which would be better for you, using music or drugs to boost your energy or relax?
- **Brainstorm some songs that would enhance or support each one of the skills**

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 surround 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 and release our concerns to God.



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 *Give and Get Support* (p. 11) **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)

Take Some Steps

The Satisfaction Skills and Prayer Skills

As described at the left, the Satisfaction Skills can also be used as prayer skills

Unity's Daily Word, which offers practical teachings about dozens of skills and topics for people of all faiths. *These excerpts are used with permission of Unity®, publisher of the Daily Word®*

AWARENESS

The Christ in me greets the Christ in you.

[Through my true nature, the inner nature of the Christ, I bring confidence and assurance to all my endeavors. When I behold the Christ presence in every situation and person, I allow any uneasiness or antagonism to quickly dissipate, or even better, to never take place

“You pray, not to change something in God’s mind, but in your own.”

EXCERPT FROM:
“DISCOVER THE POWER WITHIN”
BY ERIE BUTTERWORTH

APPRECIATION

I appreciate the good that surrounds me and the love and kindness always flowing to me

An appreciative person is usually an optimistic person because his mind is alert to behold good. This typifies a pureness of heart that Jesus said is always near to God.

Excerpt used with permission of Unity®, publisher of Daily Word®

ACTION

DAILY WORD
A Unity® Publication

With courage and faith, I act on the ideas that God gives me, and my life is transformed.

OFTEN OUR way seems to be blocked only because we have not opened up the channels to our good by acting faithfully on the ideas that God gives us. We need to meditate carefully and thoughtfully on the realization that God works through us, through His ideas in our mind.

It is by acting courageously and faithfully on the rich and productive ideas that come to us as we pray, that abundance is attracted into our life. When we know that our ideas are right and

ACCEPTANCE

I accept myself as God accepts me: with love and understanding.

Perhaps there are things about myself that I would like to change; however, I know that change often begins with acceptance. It is much easier to make constructive changes with an accepting attitude than with a condemning one.

I am accepting of others. No matter how much I believe other people should change, it is up to them to decide what they think is best.

Take Some Steps

Forgiveness

Forgiveness is the “medicine” that can cure any negativity, whether it be anger, depression, guilt or stress. These feelings (as discussed on page 6) 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.

Appreciation or 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 others	

Take Some Steps

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.

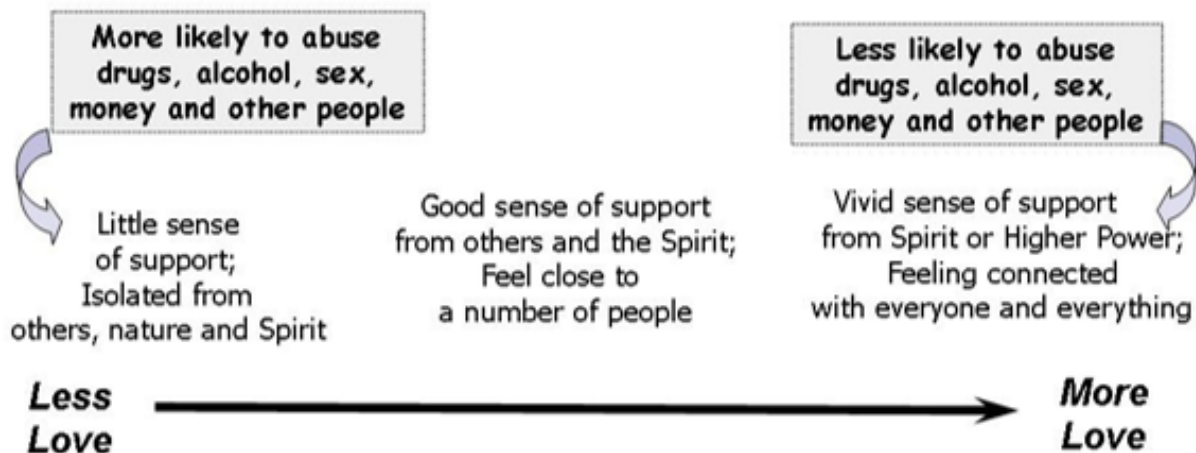
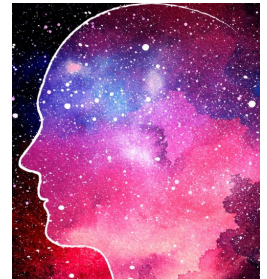
Social isolation, or having no support, is a greater health risk than smoking! (Smoking increases the risk of death 1.6 times, while social isolation does so by a factor of 2.0).

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** (see p. 14)

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.



Want to feel more love?

Use the Satisfaction Skills more often, and see what happens!

Take Some Steps

Physical Activity and Preventing Falls

It's important for older adults to stay physically active because regular exercise can prevent or delay some of the health problems that come with aging. It also makes your muscles stronger so you can keep doing everyday things without needing help.

Even a little bit of physical activity is better than none at all. The more exercise you do, the more benefits you'll get for your health.





If you're 65 or older, ask your doctor if this is what you should aim for:

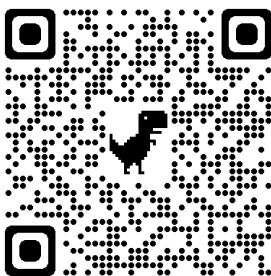
- At least 150 minutes of moderate-intensity activity every week. For example, walk briskly for 30 minutes a day, 5 days a week.
- If you prefer hiking, jogging, or running, aim for at least 75 minutes of vigorous-intensity activity each week.
- Also, do activities that make your muscles stronger at least 2 days a week.
- And don't forget to work on your balance by doing activities like standing on one foot.

Preventing Falls

Falls among adults 65 and older caused over 36,000 deaths in 2020, making it the leading cause of injury and death for that group.

Four things YOU can do to prevent falls:

-  Have your healthcare provider review your medicines.
-  Exercise to improve your balance and strength.
-  Have your eyes and feet checked.
-  Make your home safer.



But there are things we can do to prevent falls and make them less likely to happen. The Center for Disease Control's STEADI program (Stopping Elderly Accidents, Deaths & Injuries) can help with useful information and tools.

To learn more, scan the QR code, or visit <https://www.cdc.gov/steady/patient.html>

What steps will you take to exercise, prevent falls and Stay Sharp?

Take Some Steps

Eat Better, Brain Health and Dementia

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.

 Fruits	 Vegetables
 Grains	 Protein  Dairy

Read food labels to learn what's in your food.



Serving size 1 cup	
Calories 370	
Total Fat 5g	10%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Total Sugar 100mg	20%
Total Sodium 100mg	20%
Total Fiber 5g	10%

Choose foods that don't have a lot of sugar, saturated fats, and sodium.

			
✓	✗	✓	✗

Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Staying Sharp's Six Pillars of Brain Health

A healthy lifestyle helps you take control of brain health. Practice these six pillars of brain health and BE MORE.



Be Social



Engage Your Brain



Manage Stress



Ongoing Exercise



Restorative Sleep

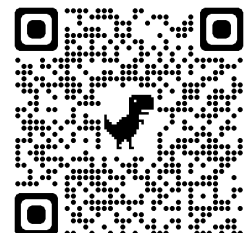


Eat Right

To learn more about Staying Sharp visit:
www.aarp.org/health/brain-health/

To learn more about Alzheimer's and Dementia
Visit: www.alz.org

ALZHEIMER'S ASSOCIATION



Take Some Steps

Hospice and Volunteering

Hospice programs, for patients whose life expectancy is less than six months, are available in many communities. Many nursing homes offer “comfort care.” Similar to hospice, the goal of this program is to make sure the patient is as comfortable as possible in their remaining months. Some treatments and/or medications that might prolong suffering are stopped.



However, many families wait too long to discuss these options, so the patient is never offered the comfort, love and respect that hospice or comfort care provides.

The decision is difficult. How important is length of life vs. quality of life? What choices will help you experience the most love? Which pieces of the *Wellness Puzzle* are most important? The satisfaction steps (awareness, appreciation, assertiveness and acceptance) can help you navigate through these emotional conversations.

Social workers, nurses, physicians, family members and the person you care for can each play an important role in the decision-making process. Hospice programs are supported by a wonderfully caring team of professionals, aides and volunteers. If you're interested in volunteering, you'll find that hospice has much to offer.

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 lifestyle at any stage of life



Caregiving Support

Assist family caregivers at any stage of their caregiving journey by sharing helpful information, tools and resources



Fraud Prevention

Empower older adults to spot and avoid scams so they can protect themselves and their families from financial harm



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



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

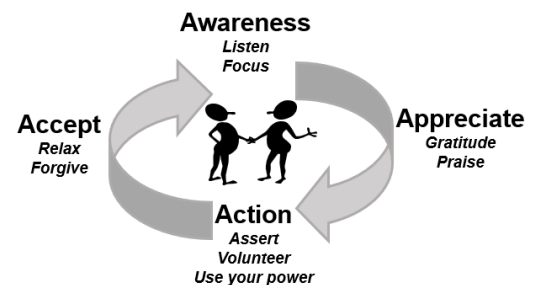
The final days can be a time of great peace -- even a celebration of a life well lived. But for some, like Joe in the above story, it is a time of panic and despair.

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 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.

Take Some Steps

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 proceeding 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 displays two legal forms side-by-side. The form on the left is titled 'Health Care Proxy' and contains sections for appointing an agent and an alternate agent. The form on the right is titled 'MOLST' (Medical Orders for Life-Sustaining Treatment) and includes sections for medical orders, resuscitation instructions, and a section for the patient's signature and date.

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.



Take Some Steps

Use the Satisfaction Skills to hasten the healing from abuse

- 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.



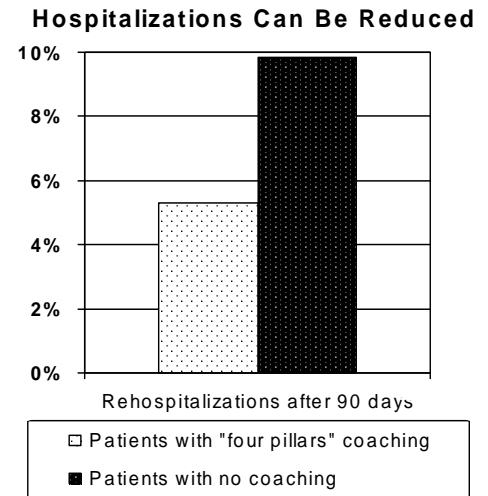
Take Some Steps

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.

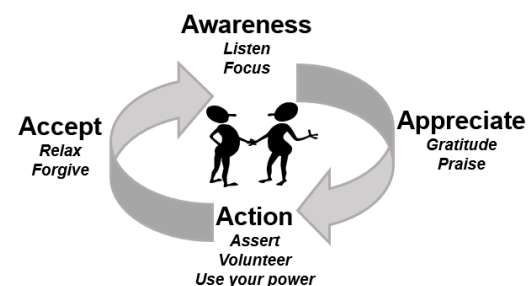
He had a hard time understanding her accent. But her smile told him she would help, and he said, "You're very kind."

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

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

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

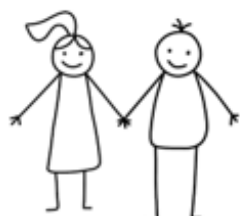
Using the *Satisfaction Skills* (p. 7-10) to communicate with your caring team (e.g., aides, professionals caregivers) will improve the care you get from them. Your affirmations will also encourage them to perform at their best. If you want respect, be respectful.



....and LEARN EACH TIME from your experience

You can create a healing story for your own life by keeping a journal and sharing it your friends, family and the professionals who provide your medical, emotional or spiritual care. The illustrations at the top and bottom summarize what has been presented in this booklet

Create a Satisfying Story that's healthier and happier



My goal is to have a better relationship with my husband and my brother - while helping our Mom deal with her terrible cancer diagnosis. I want fewer fights and headaches, better control of my diabetes, and more love for all of us!

My most common signs of stress are the alarm response (tight muscles, angry, nervous) that may last for hours or days after an argument. 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 friends and Mom; 2) see if the "Satisfaction Skills" (awareness, appreciation, action, acceptance) can really improve our situation and help me to forgive myself and my brother; 3) take my meds as prescribed; 4) see what my minister and doctor thinks about using this journal. — Plus, I'll make a playlist of upbeat songs to bring me up when I'm down

USE THE LEARNING POEM AND THESE IDEAS, AS A "CHEAT SHEET" TO SUGGEST STEPS FOR YOUR STORY

Stress and other feelings can "blind" us to the love and support that is there...



...but the *Satisfaction Skills* can remove those blocks that keep us from being satisfied...



...while each piece of the *Wellness Puzzle* may either help or harm.



THE LEARNING PLAN

Create a Satisfying Story that's healthier and happier



USE THE LEARNING POEM AND THESE IDEAS, AS A "CHEAT SHEET" TO SUGGEST STEPS FOR YOUR STORY

Stress and other feelings
can "blind" us to the love
and support that is there...

...but the *Satisfaction Skills*
can remove those blocks that
keep us from being satisfied.....

...while each piece of
the *Wellness Puzzle*
may either help or harm.



Acceptance

- Forgive
- Trust

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

Appreciation

- Be grateful for the good
- Praise others



For Medical Visits,
use this version of the
Learning Plan


Remember your goals to stay motivated. Then, keep track of your medical signs and the steps you are taking. **Share them with your doctor so you can both learn what works**

UNLIMITED DOWNLOADS OF
CREATE A BETTER STORY
OR
CREATE A HEALTHIER STORY
ARE AVAILABLE AT

**Create a Satisfying Story
that's healthier and happier**

USE THE LEARNING POEM

Choose Your Goals



GOALS

and Check Your Signs.



SIGNS & SYMPTOMS / DATE & TIME

Take Some Steps



STEPS

...and Learn Each Time.



NOTES

STRESS • SATISFACTION • DEPRESSION
BLOOD PRESSURE • WEIGHT • CHOLESTEROL

MEDICATION • THERAPY • SELF-HELP
EXERCISE • EAT WELL • GET SUPPORT
USE THE "SATISFACTION SKILLS":
BE AWARE • AFFIRM • ASSERT • ACCEPT RE-CHECK YOUR "SIGNS" TO LEARN WHAT WORKS FOR YOU

GOALS	SIGNS & SYMPTOMS / DATE & TIME	STEPS	NOTES
DANCE AT GRANDDAUGHTER'S WEDDING	BP 125/75 2/05/22 @ 9 AM	Took meds and did yoga	All is well
↓	BP 145/92 2/06/22 @ 5 PM	Took meds	Upset after car accident
↓ LIVE WITHOUT HELP!	BP 130/80 Back pain 2/07/22 @ 9 AM	Took meds and did yoga	Feel achy and shaky

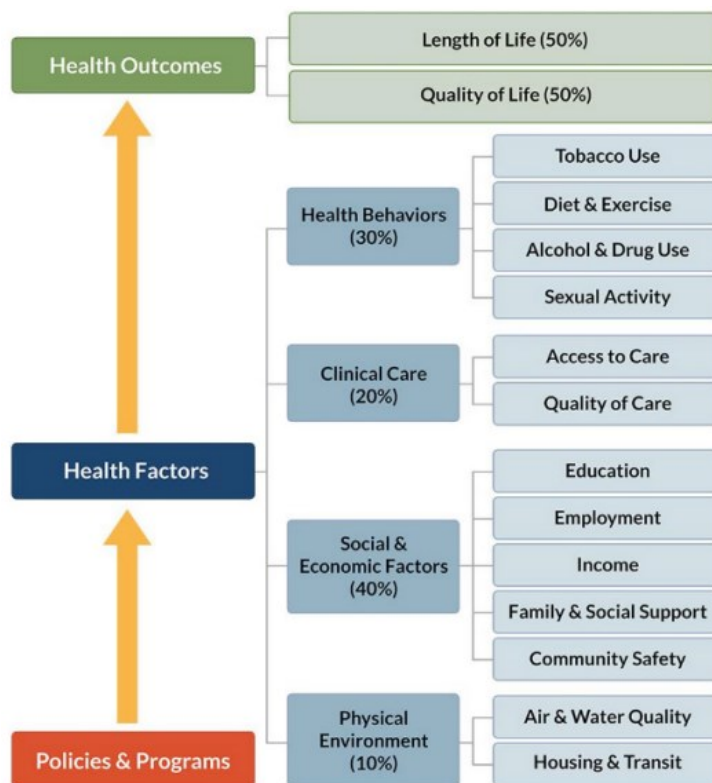
Volunteer and Vote to make our community healthier.

Remember —no matter how wonderful your doctor is—**about 20% of your health** (i.e., your length and quality of life) **depends on access and the quality of care.** The other 80% depends on your health behaviors (30%); social & economic factors (40%) and your physical environment (10%)

Our environment not only supports us, it can teach us. Open your senses when going outside, and reflect on our connection to all the marvels that create the air that empowers us.

Volunteering and voting are powerful ways to improve the social, economic and environmental factors that determine our health (as illustrated at right)

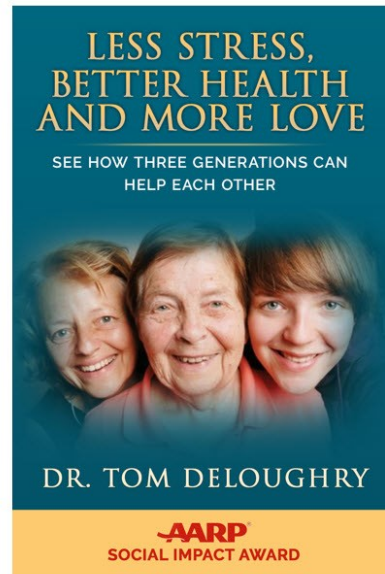
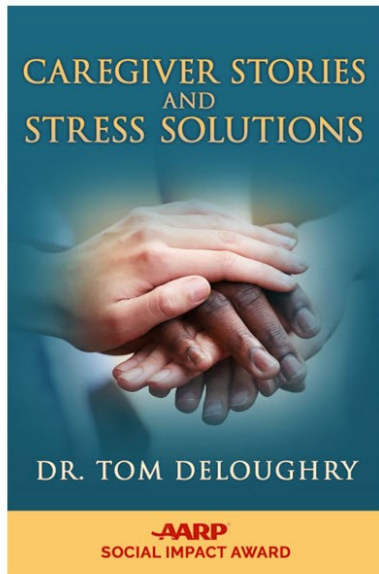
PLUS, Volunteering is good for you, emotionally and physically! (SEE PAGES 11 & 14)



Magnam, S.(2017) Social Determinants of Health. National Academy of Medicine



Other Books by Tom DeLoughry



True stories about caregiving that empower three generations.

The *Less Stress, Better Health and More Love* workbook draws from *Caregiver Stories and Stress Solutions*, which includes five short stories about Tom and his mother, other teaching stories, as well as dozens of well-researched strategies.

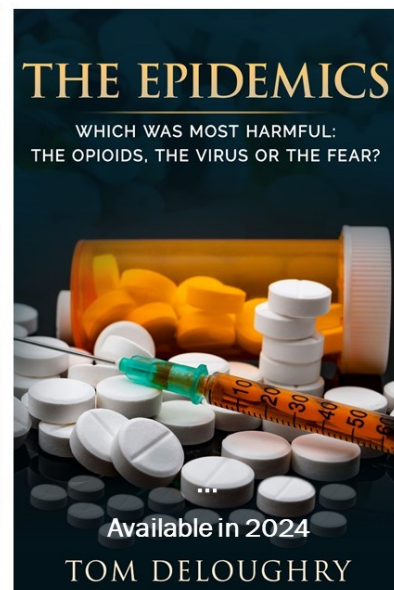
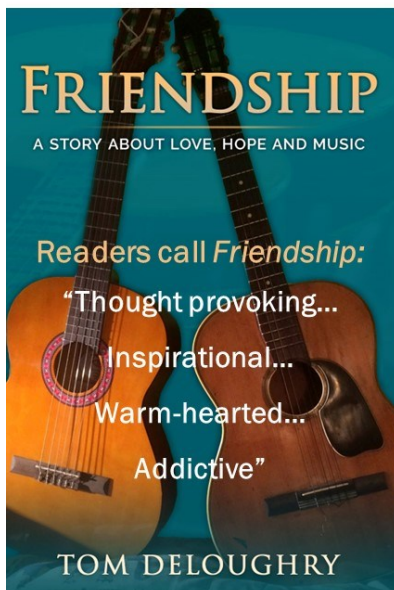
Those caregiver stories about Tom and his mom were to be the initial framework for the *Friendship Trilogy* novels.

But six months into his writing, he learned that a Bible with Christ's "turn the other cheek" message of forgiveness had been found in the rubble of the Twin Towers. The challenging message was upsetting, as he had planned a more superficial story about forgiveness and prayer.

However, after some soul-searching, Tom expanded the scope of the novels to explore how hate can be healed in an age of terrorism and polarization. The third novel will be an account of how mindfulness, music and the other strategies in this workbook can have a broad public health impact on the most harmful epidemics we face: fear and blinder-vision.

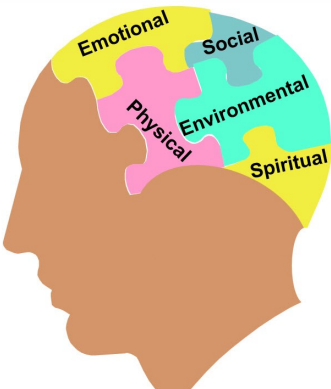


FOUR MUSICIANS MEET IN THE SIXTIES... ARE STUNNED BY TERRORISM... THEN STRUGGLE WITH THE EPIDEMICS



Helping the Whole Person

**Start solving your puzzle.
Get help when you can.
Use four ways to stop stress.
And learn from your plan.**



2-1-1
Get Connected. Get Answers.

**FIND SERVICES IN
YOUR COMMUNITY**

AARP

Real Possibilities



START SOLVING YOUR PUZZLE

Any piece of the wellness puzzle can help or harm the other pieces. Which pieces are most important for you?and your loved ones?

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

GET HELP WHEN YOU CAN

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

AARP offers science-based health news on fitness, nutrition, medications, medical breakthroughs and more. Plus, connections to **volunteer for a cause you care about**, and tips on how to live your healthiest life (Visit www.AARP.org/Health to learn more.)



The Caregiving Resource Guide, developed by the New York & Michigan Solution Journalism Collaborative, offers over 100 links to information from non-profit groups, government agencies and other organizations, plus rigorous reporting on successful solutions to caregiving (VISIT: WWW.NYMISOJO.COM/RESOURCE-GUIDE/)



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 FOUR WAYS TO STOP STRESS

Use the Satisfaction Skills when you take a breath and *pause* to:

- Improve communication between you and others
- Stop your stress (for a minute or more) to stop "blinder-vision" (p. 6)
- Understand and respect people who are different from you (p 14)
- Forgive others and/or pray (p. 7)

THEN LEARN FROM YOUR PLAN.

TO CREATE A HEALTHIER AND HAPPIER LIFE...

Collaborate with family, friends and the professionals who provide your medical, emotional and spiritual care. **Discuss what you are learning and continue to improve the steps you take to reach your goals.** (p 19-21)



MAY BE COPIED OR IMPROVED WITHOUT PRIOR PERMISSION, IF ACKNOWLEDGEMENT IS GIVEN, UNDER A CREATIVE COMMONS LICENSE

WWW.CREATIVECOMMONS.ORG/LICENSES/BY/4.0/ CREATED BY TOM DeLOUGHRY Ed.D. - CENTER FOR HEALTH MANAGEMENT - WWW.LIVINGWELLSNOW.INFO